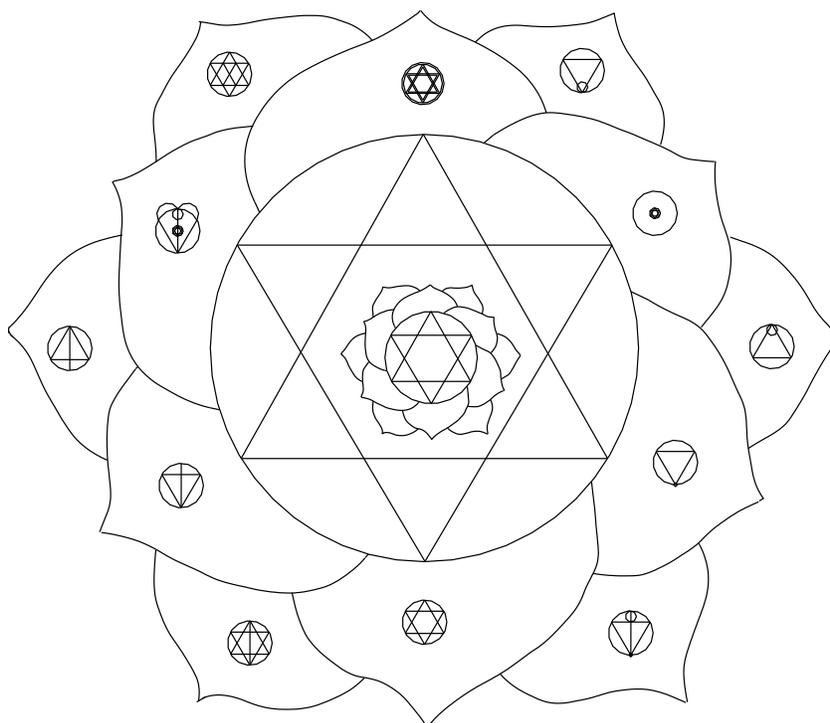


# Anahat Meditation Lessons Workbook and Audio CDs

*THE ANAHAT TEACHINGS*

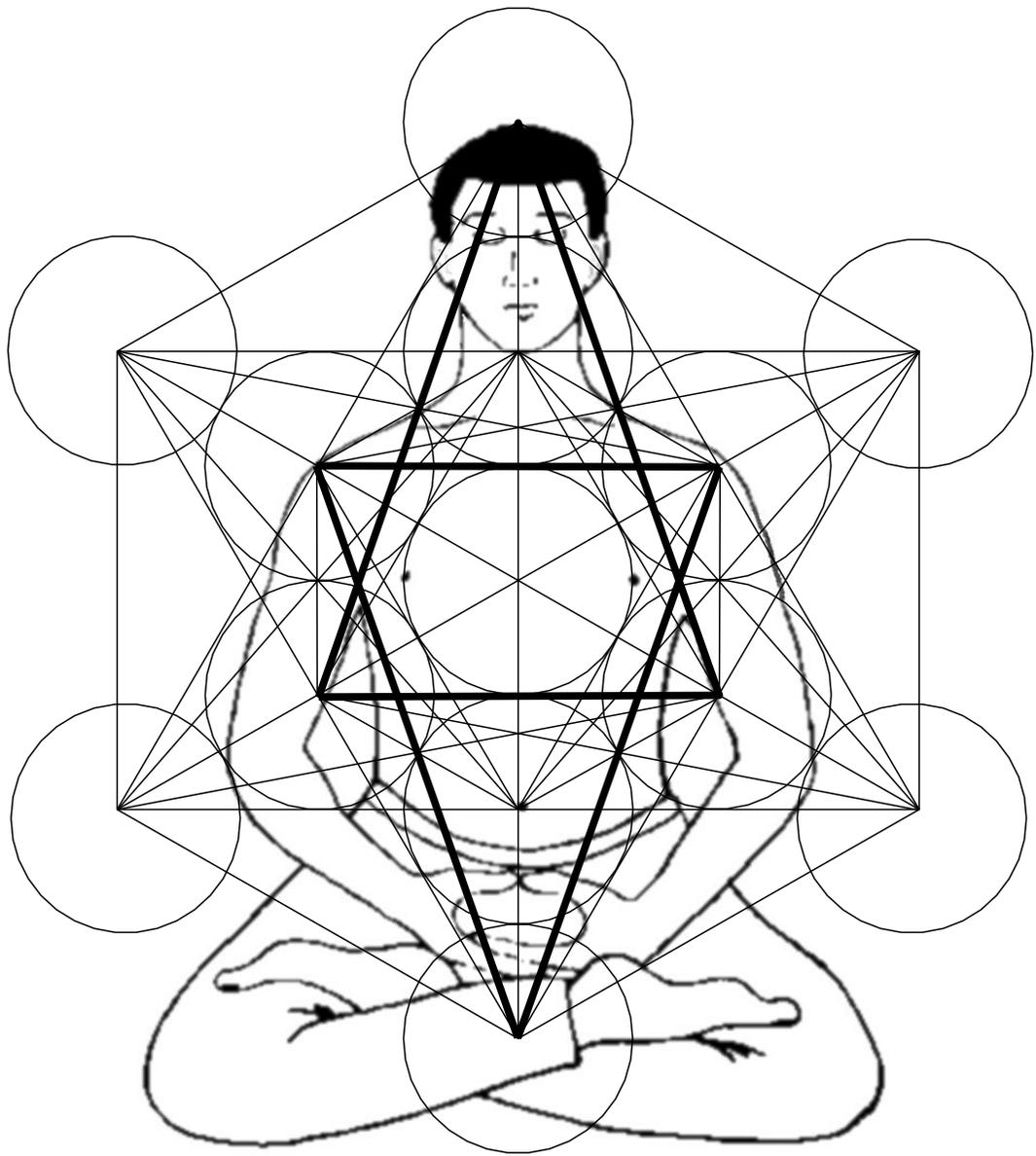


Lesson Five – Meditation Number Six – The Six-Pointed Star

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# CHECKLIST

Remember to write into your checklist the Starting Date of these Lessons that you are now working on. This you will find in your first set of workbook lessons on the 5th page right before the Table of Contents.

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# EXCERPTS FROM THE JOURNALS OF MYCKAL DIVANE ON INITIATION INTO THE SIX-POINTED STAR MEDITATION

August 25th, 1804

It has been over a month since I have written, as I had not yet been initiated into the Six-Pointed Star Meditation. They wanted me to work with the sexual energy much more and not get ahead of myself. They say that there is no way to determine how long it should take for someone to learn the whole system. I am told that my progress is so rapid that they are actually going slower with me than I need to, just so I can really absorb the material.

I have been doing very well with my practice. The days are much warmer now and the forest is beautiful. I am still here and still practicing very diligently. My days are now almost entirely dedicated to meditation and I would estimate that I sit about eight to ten hours per day now. It is hard and quite challenging, but I know why I am here and have had enough confirmation to realize that what John has said of me is true. I know I am a member of this brotherhood and am committed to its work.

As for my sexual energy, it has been ecstatic. I have had a few good days of depression and loneliness, but for the most part I have been very high on sexual vitality. I feel stronger, lighter and much more limber. I do not get as sad anymore and find that I have much more energy than I ever could have imagined. I ejaculate much less frequently now and find I do not need to as much because I feel so fulfilled from within.

Yesterday, John initiated me into Meditation Number Six – The Six-Pointed Star. He said that this one meditation is the essence of the entire system and now I can see why they had me wait as long as I did. This truly is beyond what I ever could have imagined, and I am still told it is only the beginning.

“The story of how the Anahat Meditation System came about will be very insightful in your understanding the deep significance of the Six-Pointed Star. The story is old and has most certainly faded with antiquity, but we do have the few important themes that make up its basis.

“In India, four thousand years ago a great sage incarnated into a human body who was then simply named Ram. He spent most of his time alone and lived the simplest existence. He realized who he was through the highest realization very early on in his life. He was a very pure devotee of God and spent all of his time in meditation, prayer and song. Day after day he would sing to God with all of his heart. He did not have these sacred teachings yet, but just loved God in a way that few of us ever have.

“Ram had a profound ability to leave his physical body and to explore the higher realms of existence. His body was so pure and he ate so little that it made it very easy for him to separate from the physical encasement at will. He was so ecstatic most of the time that he could barely function as a human being. Often, he would end up with homeless people in the darkest alleys just rolling around intoxicated on Divine Love. He could barely take care of his body, let alone hold down a job or offer something of value to the world.

“Over time Ram’s evolution progressed to the point where he realized that his ecstasies were selfish and that he was not being of service to his fellow beings. He realized that every living thing that suffered was his very own self and that he needed to get out into the world and serve. Yet he was too frail and too intoxicated on love to do much of anything. He needed to make his body strong and become more grounded in this world. Yet he did not want to lose his abilities to leave his body and also, he did not want to lose even one ounce of his wild love for God.

“Ram spent days in prayer and meditation trying to figure out how to be fully grounded, and at the same time fully open to Spirit. He was so used to meditating for eight to twelve hours every day that he needed a profound way to find the balance that he sought without losing his connection to higher consciousness. He needed to be a functional

human being who could walk this Earth like other men and still be wonderfully in love with and aware of God at every moment.

“Ram was aware of the Ascending and Descending paths of spirituality but did not have any idea how to integrate the two. Then one night after an agonizing struggle of trying to find an answer, he finally gave up. He really had no idea how to incorporate such intense spiritual awareness into a human life.

“He saw two kinds of people. There were those who were engrossed in the world of materialism and external religion, and there were those strange holy men who were so drunk on God that they would not even take care of their own physical needs. He sought a perfect balance between the two, but finally realized that he could not do it on his own. Then when he finally gave up, it happened.

“While sitting in meditation, the Divine Energy within him began to trace out patterns of energy within his body. The Divine Light revealed the entire meditation system to him Itself. The energy traced out the energetic pathways that it is meant to follow in a fully evolved human being. It was showing him how to be fully grounded, and also fully open to Spirit. It showed him the pathways that energy must flow to create an integrated and whole human being.

“The Light began by piercing his Third-eye point and descending down to his two lungs. From there it went to the point just below the navel and back up to the kidneys. From the kidneys it went back up to the Third-eye point and kept circulating in this pattern. It went from Third-eye, to lungs, to hara, to kidneys, and then back to the Third-eye again over and over. Ram saw that it traveled along subtle pathways, or meridians, that he had never heard of before.

“The unfolding of the entire system took a few months to fully come through. Ram wrote down every little detail on paper, but those writings have long since been lost. No one knows what happened to his original journals, but they supposedly contained much more knowledge than we have now.

“Ram went on to master the entire system while on Earth and was told how to teach it to other people as well. He taught only a few people who were evolved enough to practice the teachings, but they never went anywhere with it. This sacred revelation beginning with the first energy pattern just described was simply going to be lost forever. The first meditation based upon the Six-Pointed Star was just the first of many more revelations that Ram would take with him to the grave.

“During the rest of his life he did master the teachings in a way that allowed him to walk the Earth as other men. He did, before his death, become a very functional member of society and founded many hospitals and schools for those in need. It was not Ram’s path to establish monasteries and spiritual centers because he felt his calling was to help those in need and simply wanted a method to be more human for the sake of others. He really had no intention on teaching the revelations.

“When Ram died, he founded a mystical order known as The Anahat Order of Sacred Service on the astral plane. He brought together many beings of light that would gather the teachings into a core body of knowledge that could someday be transmitted to the Earth when people were more evolved and ready to utilize them in a way that could be practical. Honestly, that time is not now. We in the 1800’s are not yet ready for the teachings. It is our mission as members of this mystical order to anchor the teachings upon the Earth for future generations. People are just not ready for this yet, as it is well before its time.

“That is the story of Ram and his first encounter with the Six-Pointed Star. Now I will explain to you its subtle details and instructions for practice. The Star, if seen as superimposed upon the body lies as follows: The top of the Ascending Triangle is the crown of the head and the space just below its peak is the Third-eye. The base of the

Ascending Triangle is the kidneys. The Descending Triangle has its top at the lungs, at the line of the clavicles, and its pointed base is the tailbone. The space just above this point is the hara.

“The Star has three levels. There are the two small triangles at the top and at the bottom. They represent the Third-eye and hara respectively. The hexagon in the middle of the star made by its two interlacing triangles is the torso of the body, but for simplicity’s sake, we associate it with the heart. These three levels make up Hara, Heart and Head.

“The Hara as you know is the place where we ground into so as to become fully human. The Heart is that which we open and purify so that we can fully love. While the Head is the region of the Third-eye and crown, which is where we connect to the highest levels of Spirit. The secret Ram was looking for was how a person could function out of all of these centers simultaneously. The simple answer was to be shown to him in the sacred glyph of the Six-Pointed Star.

“The secret was to mediate on all of these points simultaneously, but Ram could never do that. He found that the mind could only be at one energy center at a time. It really could not dwell on all of these energies at once, at least not until the being was made perfectly whole and complete. In the average human, and even in the well-evolved human, the mind simply cannot handle such a diverse range of energies. Ram needed a system to blend them all in simultaneously, but before I explain the meditation, I want to explain the Star a bit more.

“The body is created in the image of the Star on every level of its being. When we get to the subtle energetic geometry of the Star, you will learn much more than I will teach you now. For now, however, please understand that every organ in the body is aligned based on this pattern.

“Ascending Triangles are found when the body is sitting in a meditation position and also from the two eyes that see duality, into the Third-eye which sees only unity. The body is made largely of Descending Triangles because it is the vehicle with which Spirit descends into. The entire skeletal structure itself is meant to ascend as it is meant to stand and be erect. The concept of the internal structure of the body being made of descending triangles but designed to ascend is the essence of Meditation Number Twelve – Structure.

“The Descending Triangle is primarily represented with the movement of the lungs to the hara. The lungs pull in air and descend it down into the entire body. Spirit can be considered the breath within the breath, and therefore the lungs energetically are the highest organs, which descend energy into the body. They send the energy down to the sexual organs and the hara to be grounded into the body. If the energy does not make it to these lower centers, then the person will be ungrounded and will develop health problems.

“The Ascending Triangle goes from the kidneys to the head. The sexual energy and the energy of the hara get sent to the kidneys and the kidneys transform this energy for the energy of the entire body. The kidneys are the roots of all energy for the entire body. They send energy up and down, as well as pull energy up and down. The meditation system here works to nourish the kidneys and to add to the kidney’s function of working with the sexual energy. Every time the body ejaculates, the power of the kidneys becomes depleted. By retaining the semen and sending its energy to the kidneys and then up to the head, the person becomes a spiritual dynamo.

“The secret is to balance and circulate the energy and consciousness into all of these points in a smooth flow, rather than having it focused on one area alone. Human minds are just not capable of being in two places at the same time. We jump to extremes and extremes always cause disharmony. The Six-Pointed Star meditation allows for this balance to be maintained on a daily basis.

“In time I will instruct you into many of the subtle details of the body’s physiology and the Star’s geometry in relation to it. You will also learn a lot about this just from your own practice and personal revelations. Be sure that if you get any new insights about the Star, that you run them by us so that we can confirm their accuracy before you write them in your journal. Now let us begin with the initiation.

“Once you have gone through meditations one through five, you will have opened the three major energy centers of hara, heart and head, and will have cultivated and pulled the sexual energy back up to the head. You will then have a very powerful spiritual and sexual energy up in the higher energy centers. This should feel extremely good, but it needs to be circulated. Now inhale once to the head and exhale to the lungs. Inhale from the lungs to the hara. Exhale from the hara to the kidneys, and inhale from the kidneys to the Third-eye. Then repeat the pattern again. Once again, it goes as follows:

- Inhale to the Third-eye
- Exhale to the lungs
- Inhale to the hara
- Exhale to the kidneys

“Start this process again with an inhalation to the Third-eye and keep circulating the energy throughout the body. Just as with every other meditation, count your inhalations and exhalations. Be sure to keep the energy within the confines of the body and do not let it wander out of the boundaries of the Star. Imagine the star superimposed upon the body and use the lines of the star as the pathways for the energy to follow. These are actual meridian systems yet to be detected by most doctors and healers.

“You will get to practice this meditation combined with the other meditations for at least one month. Be sure that you do meditations one through five before doing number six. The Star is to be used only after a person is intimate with the hara, heart, head and sexual energy. Do not ever teach it to someone without them learning about and practicing the other meditations first.

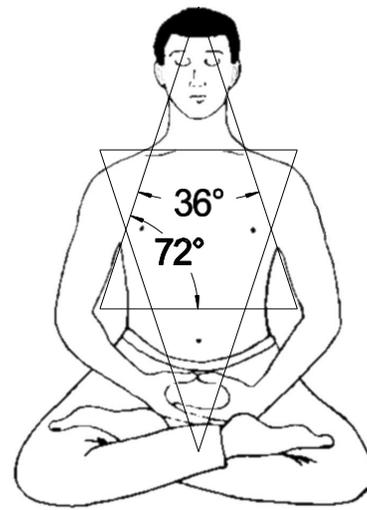
“Use Meditation Number Six a lot and after you are done with it for a sitting period, once again return the energy to the heart and then the hara. If you have gone through an entire cycle from Meditation One to Six, then start again at one. The system is designed so that once you cycle through it, you can begin again making it more powerful each time.

“Also, when you breathe into the Star, you are cultivating an enormous amount of energy and circulating it through the body. Every time it cycles it gets even stronger. The breath to the Third-eye brings the consciousness to the higher spiritual energies. Then the breath to the lungs descends these higher energies into the body. The inhalation to the hara anchors these energies in the body, and the exhalation to the kidneys nourishes the kidneys with the energy. The lower energies of hara and kidneys are then pulled up to the higher spiritual energies. The result is that lower is becoming higher and higher is becoming lower. In time there will be no higher and lower.

“The Star represents the perfect union of Spirit and matter. It shows the perfect integration of body and soul. When it is complete within a person, then that person is a walking expression of Divinity upon this Earth. The essence of this system is to practice it every day and to keep the balance between spirit and matter. One does not want to become too spiritual without being able to stay grounded, and to be so grounded that we forget our spiritual roots is not the ultimate goal either.

“Ram was looking for the way to be able to still leave the body and function on the higher levels of reality, and also to be an exceptional human being. He accomplished this and then left his body for the final time before being able to disseminate the teachings on the Earth. Having formed the Anahat Order of Sacred Service on the astral plane, he ensured that eventually in the future the teachings would be able to reach those who were ready for them. The time is now, but it may be awhile before these teachings reach the masses, and even when they do, few will be ready to practice them.

“It is our job to give these teachings in a non- attached way. We simply are here to offer these teachings as service to the Divine without any thought of the results. Practice this meditation with all of your heart, but do not be concerned about much more. Keep up with your journal and the rest is up to God.”



## MEDITATION NUMBER SIX – THE SIX- POINTED STAR

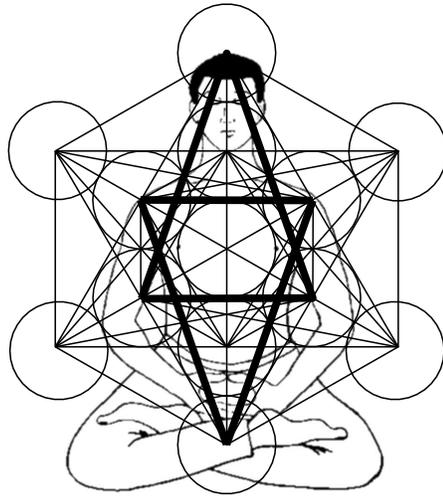
Inhale to the third-eye, exhale to the shoulders, inhale to the hara, exhale to the kidneys and inhale back to the third-eye to repeat the cycle. The focus is on pulling the physical to the spiritual and the spiritual to the physical – “fully grounded and fully open to Spirit.”

- ❖ Meditation Number Six – The Six-Pointed Star is the essence of the meditation system and forms the basis for all of its energetic flows. The breathing here works to ascend the practitioner to Spirit, then to descend and anchor the Spirit into the body, nourish the body with these higher energies and then to recycle this flow over and over again.

If any one aspect of this book represents the entire path of Anahat, then this one meditation is it. Every meditation and philosophy of Anahat comes from this one meditation. All previous meditations were leading up to the appreciation of Meditation Number Six to its fullest. When the Anahat System was revealed, it began with this symbol first, and then the other meditations followed. Each meditation has its own place before and after this one, but if Anahat were summed up in one phrase, it would be “The meditation on the Six-Pointed Star.”

There is something very magical about this meditation that allows the practitioner to be aware of his entire being all at the same time. He is not only ascended or only descended, but rather is Ascending and Descending simultaneously. He pulls his energy to Spirit, descends it to the body, anchors it into his lower energy centers, nourishes his entire system with it and then repeats the process over and over again. Meditation Number Six recycles the cultivated energy of all of the meditations that precede it and adds a whole new dynamic of purification that has not yet been encountered.

When energy moves through the body in vast sweeps as it does in this meditation, these regions are purified in the process. The heart becomes the center of this movement and is simultaneously acknowledged, opened and cleared out. The process takes time, but the results become immediate. The practitioner will begin to feel a new sense of balance, integration and harmony. This unique meditation found only here in the Anahat System can be a profound experience for both the novice and the seasoned practitioner.



Meditation Number Six – The Six-Pointed Star – The Ascending and Descending Triangles are both incorporated in this meditation, which forms the essence of the entire system. The positions of the Star itself are the same as in Meditations One and Three, but the breath moves within the regions of the third-eye, shoulders, hara and kidneys, while remaining centered around the heart.

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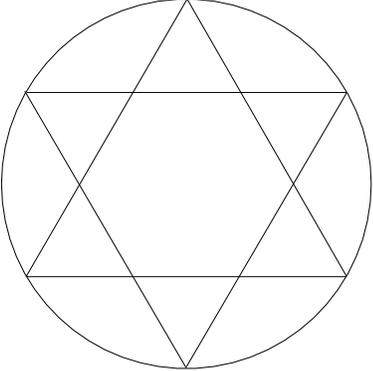
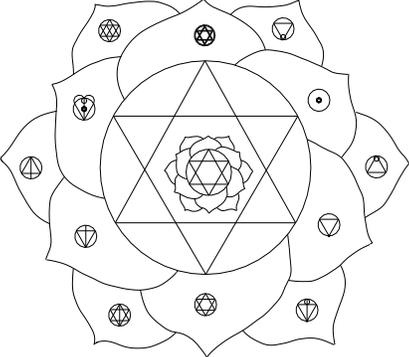
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# ANAHAT MEDITATION SYMBOLS



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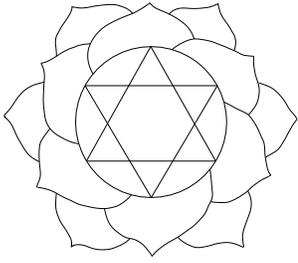
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## *Congratulations...*

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Five – Meditation Number Six for at least one month and feel proficient with this practice, then you are ready for your next set of lessons.

You will know in your heart if you are ready or if you have any doubts. If you are not ready, then do not worry, just keep practicing and move on when you are.