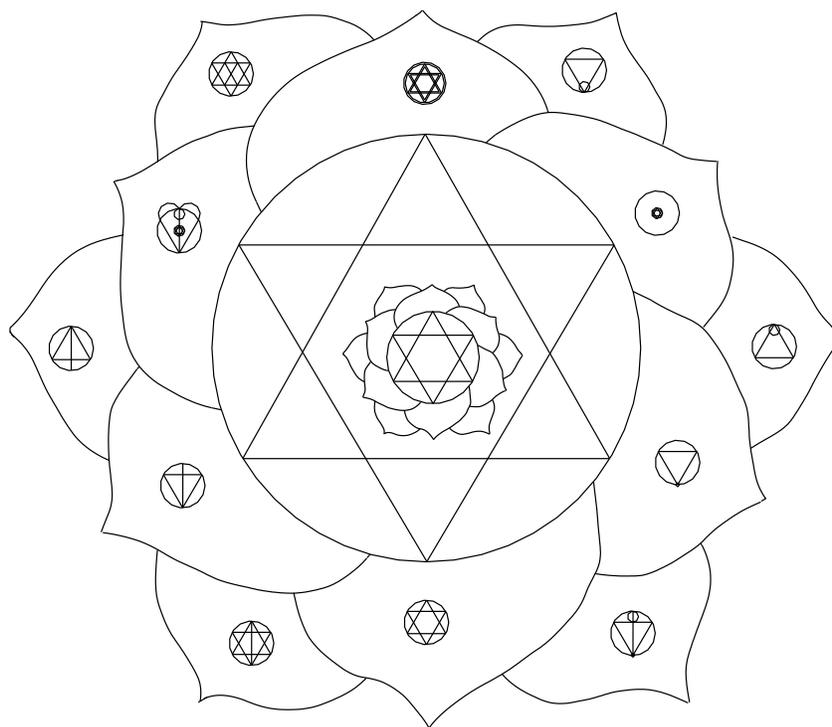


Anahat Meditation Lessons

Workbook and Audio

Recordings

THE ANAHAT TEACHINGS

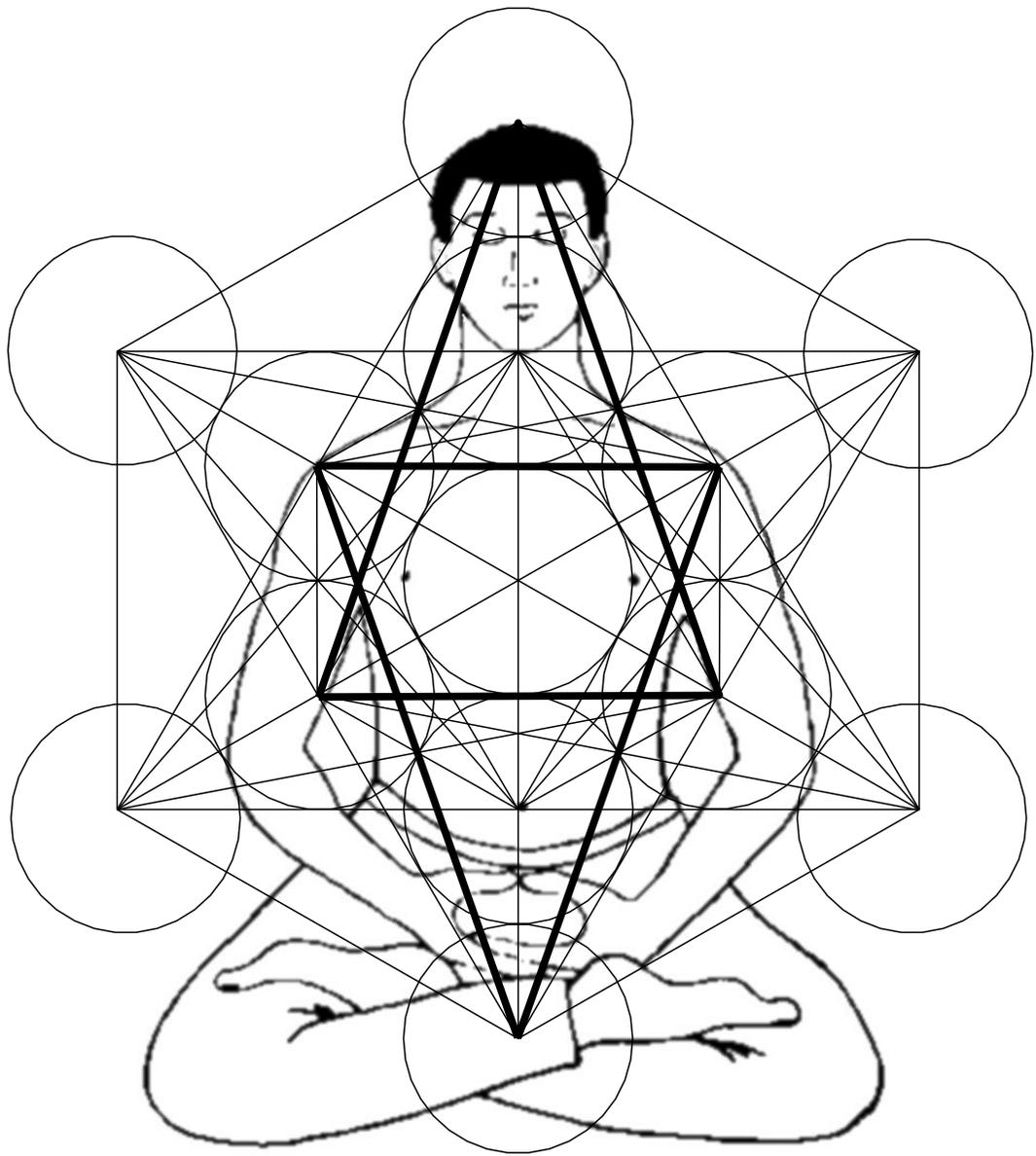


Lesson Six – Meditation Number Seven – The Star Reversed

© Copyright 2020, Matthew Brownstein. Anahat Meditation Center

All rights reserved.

No part of this workbook or accompanying audio recordings(s) may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the author.



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.

CONTENTS

Excerpts from The Journals of Myckal Divane (The Anahat Meditation System Book) on the initiation into The Star Reversed

Meditation Number Seven – The Star Reversed – Longer Explanation

Meditation Number Seven – The Star Reversed – Short Explanation

Anahat Meditation Symbols

Fruition

Notes

Congratulations

RECORDING CONTENTS

- Introductory Talk on Lesson Six – Meditation Seven
- Guided Sixteen-Minute Session on The Star Reversed Meditation

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

September 29th, 1804

It has been over one month since my initiation into Meditation Number Six – The Six-Pointed Star. I never would have guessed that such a simple system could be so profound. The last month of practice has been amazing. I feel so incredibly balanced. I now know what it means to be fully grounded and also fully open to Spirit. I am aware more and more of an Infinite Sea of Love pervading everything. The entire universe is beaming with the Divine. This meditation is causing my body to shine with Divine Light. My insides are intoxicated and illuminated.

My entire being is tingling with sensuous energy. I sometimes have waves of bliss shoot through me for no apparent reason. I may be chopping wood or walking down a forest trail, when all of a sudden my eyes roll up in my head and I almost pass out in ecstasy. I have had to sit down at times in fear that I would fall over and hurt myself. I sometimes fall to the ground laughing ecstatically with the awareness that everything is God. I laugh even harder when I think of how few know this immense secret.

The whole world is drunk on the bliss of God and so few humans have any clue of this. Not only is everything God, but also so is each human being. If they only knew who they really were they would be shocked. We are not egos, and we are not bodies, minds or emotions. We are the Divine, shining forth everywhere as this universe. We are the Creator and the Creation. We are all that is and beyond all that is. I have not yet experienced God Beyond the Beyond as John has described, but I know he is speaking the Truth. I know it with every cell in my body, with every fiber of my being.

I may not have experienced the Source directly yet, but I feel it everywhere. I know it to be my own consciousness. I am drunk on it. My body sings it, my heart pulses in it. I have experienced myself as the whole universe on that blessed occasion with the angel Sariah and will never forget that cosmic vision. All beings are One, One Love, One Light. It is so comical that I can barely contain it. I am intoxicated on this madness. I am losing my mind drunk on my Beloved God. I wrote a poem on this and am sharing it here with John's permission.

Fire of my Heart

Fire of my Heart, Mother, My Soul,

Glorious is the moment you illuminate my House.

Burn me, Crisp me, Kill me... Shatter this vessel into dust and sand. At the fierce churning of Thy Hand, Smash this being until it is no more. From ash turn me to wood,

From wood alight me to fire, On fire ablaze,

Watch out!

A lion roams these streets, With eyes burning as the Beloved.

I cannot begin to describe the fury that is screaming within me. I am crazy on God. My heart and mind are wild with passion. I am a lover of God and am infatuated. Glory be to the Beloved.

October 5th, 1804

It's not even funny anymore what is happening here. Things are so wild that I cannot believe I have ever considered any life other than the Divine Life. Today I was initiated into Meditation Number Seven – The Star Reversed. Here are John's Divine words.

“Oh my Beloved Myckal, I am so honored to share these teachings with you. You have brought so much love and light to this place. Never before have I seen someone grow so fast and with so much fury. Your heart is exploding with so much passion and the maturity that your ageless soul brings to this place is truly honorable. You may be rolling around in ecstatic joy now, and that is wonderful. In time the realization will mature, the mystical experiences will stop, but the immense peace and love can never go away. It will simply be kept deep within and held like the priceless treasure that indeed it is.

“You have worked well with the Six-Pointed Star meditation. I can see the balance and the harmony that it has produced in you. You are becoming alive with spiritual vitality and your face is beginning to glow. Your eyes are clear again and your mind is wonderfully focused. You are most certainly ready for this next stage, and I am honored to share it with you.

“You will begin your meditation practice like usual and move through the system to the point of Meditation Number Six. Then when you are ready for Meditation Number Seven – The Star Reversed, you will bring the energy back to the head. The Six-Pointed Star Meditation does not deal with the sexual energy, except for that which was cultivated in meditations four and five. Now you will be tapping into it again.

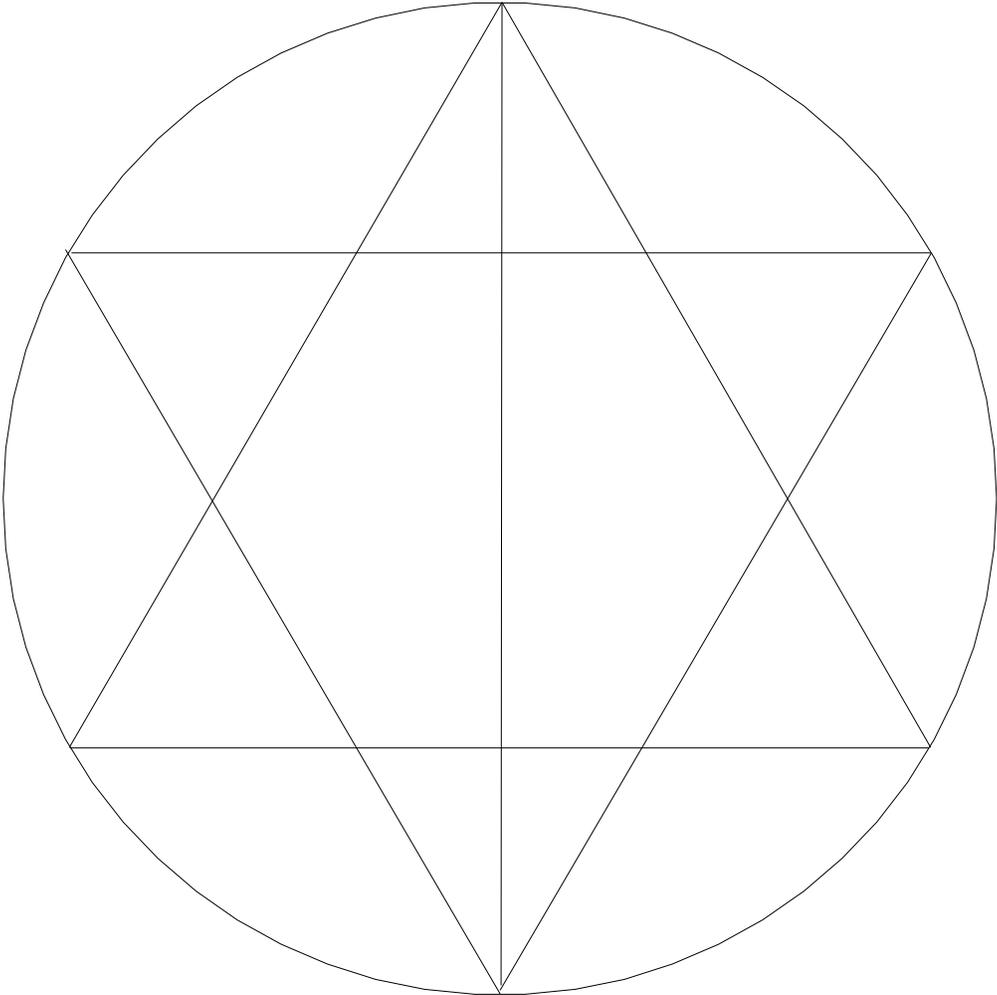
“You are aware of the energy pathway that runs up the back, now you will want to be aware of one that runs up the front. From the perineum, the energy runs up the front of the body to the lower lip. The tip of the tongue on the roof of the mouth connects this vital energetic pathway. While the energy actually runs up the channel, you will be pulling energy down it. It is just important that you are aware of its existence and really do not need to understand much about it.

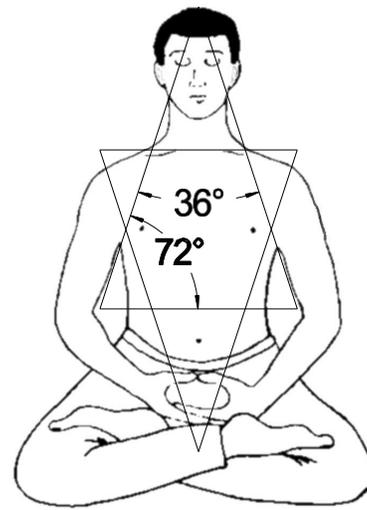
“This meditation involves the front and back meridians, and the Ascending and Descending Triangles, and it also taps into the sexual energy. It begins with an inhalation from the sexual organs to the Third-eye along the back central channel over the crown of the head. Then an exhalation occurs from the Third-eye to the kidneys along the Ascending Triangle.

“From here, you will inhale down the front central channel from the Third-eye to the sexual organs. Then you will exhale from the sexual organs up the Descending Triangle and into the lungs. From this point you will begin again. The meditation is as follows:

- Inhale up the back central channel from the sexual organs to the Third-eye.
- Exhale down the Ascending Triangle from the Third-eye to the kidneys.
- Inhale down the front channel from the Third-eye to the sexual organs.
- Exhale up the Descending Triangle from the sexual organs to the lungs.

“Just as with Meditation Number Six, repeat this over again and again until you get it flowing very well within. The energy again should not leave the confines of the body and should be contained within the boundaries of the Star. This energetic again incorporates the sexual energy and transforms it into spiritual energy. The flow is a more expansive one and can be quite intense once it is mastered. Practice it diligently and you will certainly see the results.”

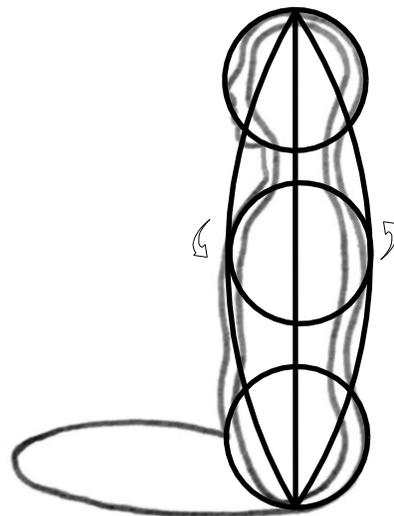




MEDITATION NUMBER SEVEN – THE STAR REVERSED

- ❖ Inhale up the back central channel from the sexual organs to the third-eye. Exhale down the Ascending Triangle from the third-eye to the kidneys. Inhale down the front central channel from the third-eye to the sexual organs. Exhale up the Descending Triangle from the sexual organs to the shoulders. Focus on a more expansive motion than Meditation Number Six and incorporate the sexual energy when the breath is at the bottom of the Star.

Meditation Number Seven – The Star Reversed is the hardest meditation to practice in Level One. It reverses the flow of the Ascending and Descending Triangles and incorporates the front and back central channels and the sexual energy. Every Meditation's energetics from One to Six finds a place within this flow, as all the internal organs are bathed in this meditation's expansive energetics.



THE STAR REVERSED

Compared to other meditations in Level One, The Star Reversed is one of the hardest to practice, yet with the proper instruction it is not hard to learn for most people. The energy of the Ascending and Descending Triangles moves in the opposite direction. Here, the energy from the crown is spread out all the

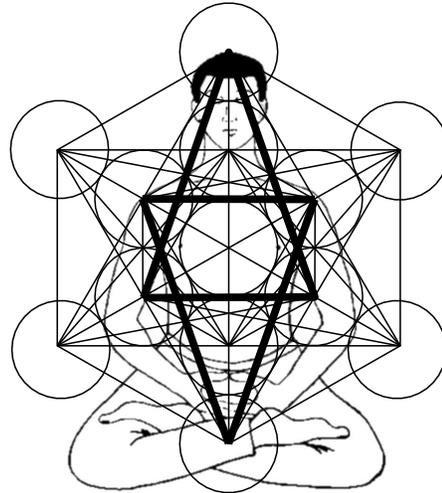
way down to the kidneys, nourishing all the other internal organs in the process. Here the liver, gallbladder, spleen and stomach also receive the energy of this breath.

When the Descending Triangle is breathed into, the energy moves from the sexual organs and spreads out into the lungs and shoulders. What the practitioner finds in this meditation is a much more expansive energetic. While still confined to the regions of the Star, it is far freer in its movement. However, with the expansive flow of energies in this meditation, there are still the movements up the back central channel and down the front central channel that keep things very well defined.

Meditation Number Seven pulls the energy all the way back down to the sexual organs again, whereas Meditation Number Six was mostly centered in the region of the hara and the third- eye. Meditation Number Seven pulls the energy all the way down to the sexual organs and all the way up to the crown. Here Ascending and Descending energies become much more integrated, and the microcosmic orbit is fully introduced. It is important to keep the tip of the tongue on the roof of the mouth to ensure that the energy is sufficiently making it through the microcosmic orbit.

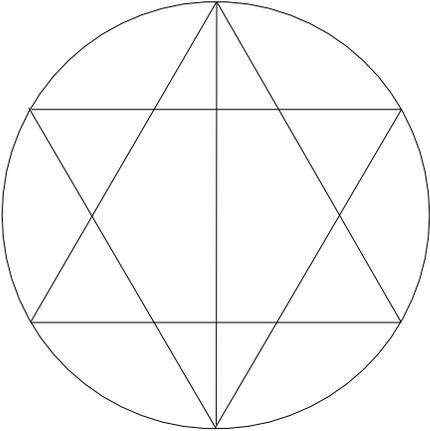
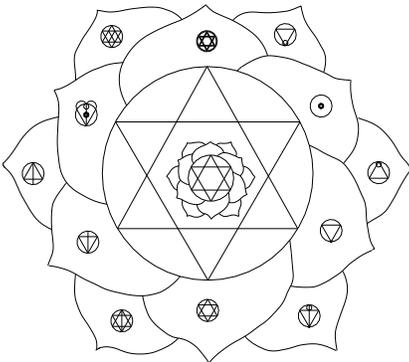
Through persistent practice, this meditation is one of the most powerful of the system as it incorporates so many components in such a focused manner.

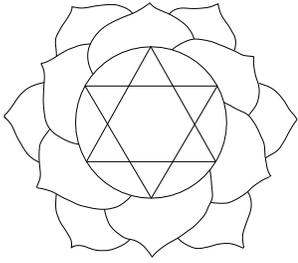
MEDITATION NUMBER SEVEN – THE STAR REVERSED – SHORT EXPLANATION



Meditation Number Seven – The Star Reversed –Ascending and Descending Triangles are represented as before; however, this time the energy flows in the opposite direction than in Meditation Number Six. Energy moves in the Ascending Triangle from the crown to the kidneys, covering all of the internal organs in its region. Energy moves in the Descending Triangle from the sexual organs to the lungs, covering all the internal organs in its region. The line in the middle of the symbol represents the microcosmic orbit, containing both the front and back central channels. Energy moves up the back from the sexual organs to the crown and down the front from the crown to the sexual organs.

ANAHAT MEDITATION SYMBOLS





Congratulations...

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Six – Meditation Number Seven 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.