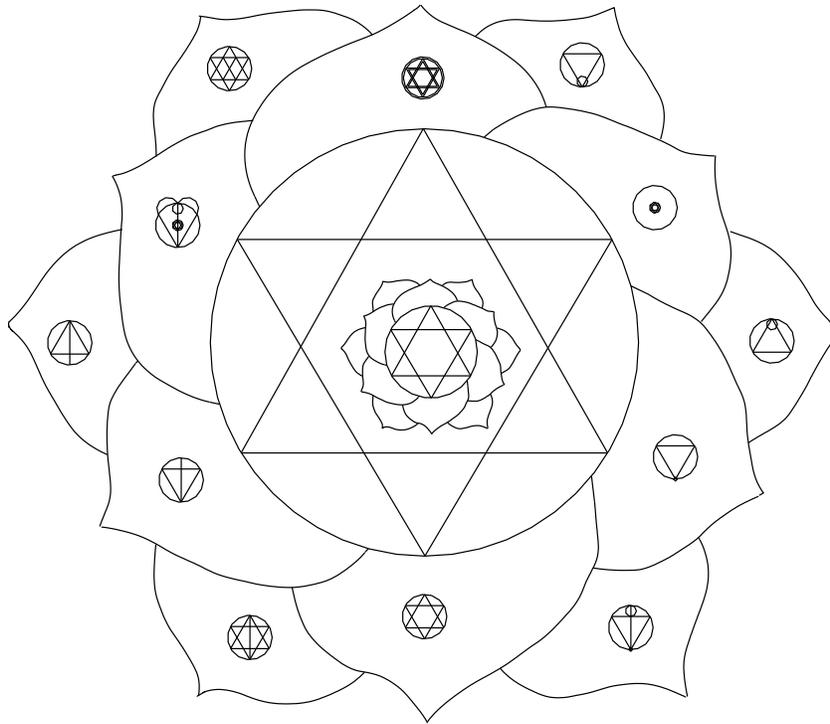


Anahat Meditation Lessons Workbook and Audio Recordings

THE ANAHAT TEACHINGS

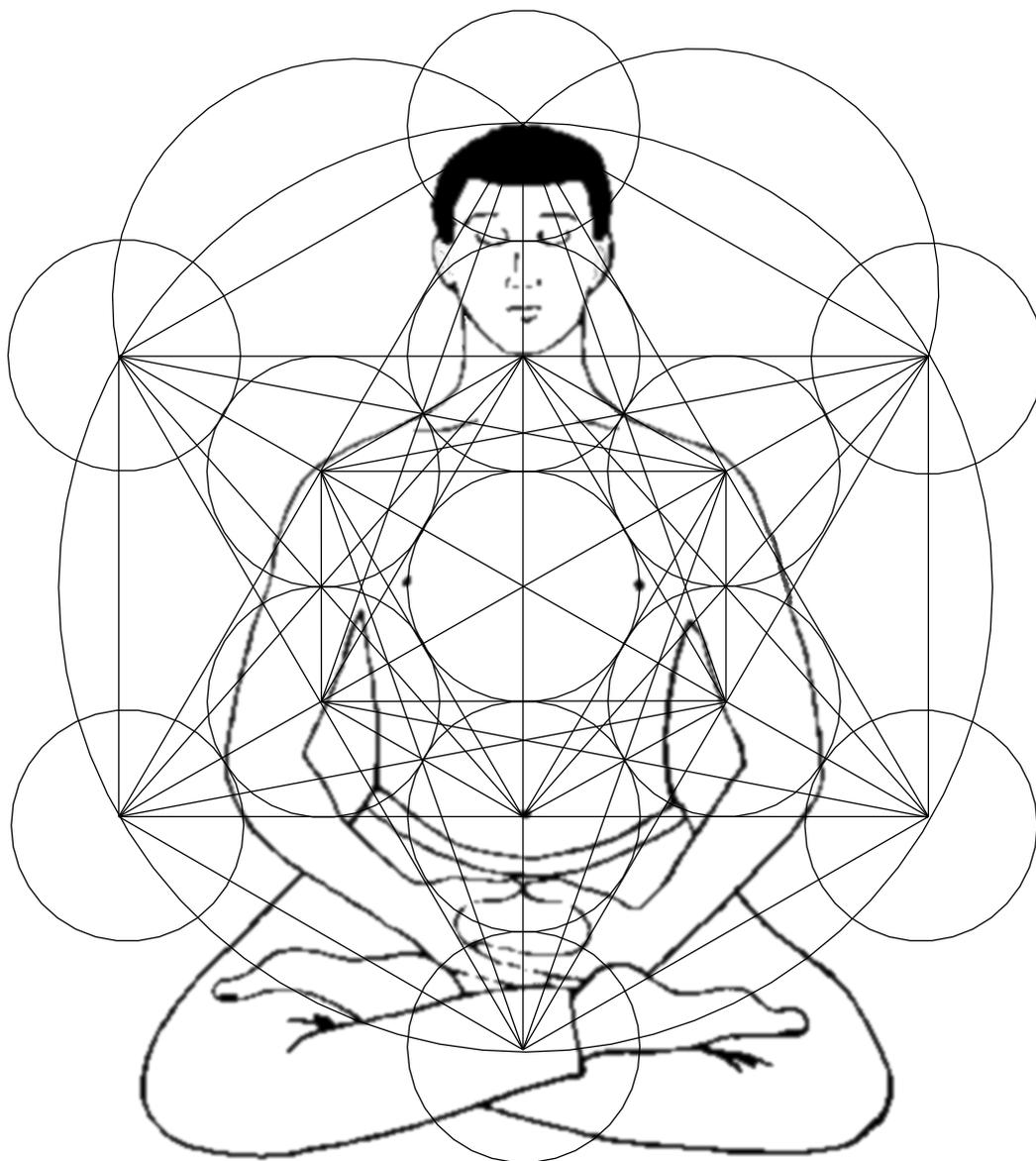


Lesson Nine – Meditation Numbers Thirteen through Eighteen

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LEVELS OF PRACTICE

Level One – Core Meditations		
Meditation Number	Meditation Name	Lesson Number
1	Descending	1
2	Heart-Centered	2
3	Ascending	3
4	Sexual Energy	4
5	Circulation	
6	The Six-Pointed Star	5
7	The Star Reversed	6
8	Upper Body Meridians	7
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12	Structure	
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13	Descending Energetics	9
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Certified Teacher		15

Meditation Numbers

Each meditation has a corresponding number. There are twelve core meditations and twelve energetic meditations.

Meditation Names

Each meditation has its own name based on the energetic of that meditation.

Lesson Number

Meditations are learned individually or in groups. A lesson can consist of working on one or more meditations or teachings at a given time. Advanced lessons are learned and practiced as you gain proficiency in the preceding lessons.

Levels

There are four levels of Anahat Meditation.

READINGS FOR LEVEL II FROM THE JOURNALS OF MYCKAL DIVANE

February 5, 1805

The second month of the New Year has brought with it my initiation into Level Two of the Anahat Meditation System. The entire system thus far has yielded an immense blessing that I could never have imagined. My mind is so crystal clear and my body is so light and peaceful. I simply love being in a human body now that its energies are flowing well and balanced. I simply had no idea how bad I felt until I felt better. It is simply amazing to feel this level of freedom.

The days lately have been cold and everyone still remains in good spirits. As usual John has given some amazing talks and the introduction to Level Two of the system has me quite excited for its possibilities. It is quite complex, but I know that since I have practiced Level One for so long, that I will easily master this one. Here is John's introduction of Level Two:

"The second level of the Anahat Meditation System is a movement into the Star as a three-dimensional structure. Rather than breathing into the pattern based upon simple two-dimensional movements, the energy is now directed into a complete flow based upon a very sacred geometry on which the body is created.

"Here we move from a physical focus on organs and basic meridians to that of a vast series of geometric patterns. This requires an incredible use of concentration, visualization and knowledge of the basics of Level One meditation. The practitioner must understand the energetics of the human body in relation to geometry as pertaining to its creation from the etheric template.

"The entire body is created based upon a very sacred geometry. Its more subtle bodies also follow these patterns with each denser layer becoming more and more complex. The creation of the individual begins as a point of consciousness within a vast oceanic sphere of consciousness. This point is a mirror of the whole.

"The individual point of consciousness extends a desire to be and this simple intention leads to an amazingly complex unfolding of geometric patterns which eventually create the human body. The process is so complex, that it is not worth discussing here. What we are concerned with is how to balance out the end result that is the human as created in this Divine Image.

"Level One of the meditation system works to do this, but Level Two works more on the energetic level of the etheric body. As you know, each more subtle body creates and sustains the one below it. The etheric body, while looking just like the physical body, is still very easily influenced by its underlying geometric template. To breathe into these patterns is quite profound and actually quite difficult. However, because the patterning matches the meditations from Level One, it should not be very hard for a well-seasoned practitioner.

"Also, because Level Two mirrors Level One, it is acceptable to teach you some of these meditations in groups. Today we will begin with Meditations Thirteen, Fourteen and Fifteen - The energetics of the Hara, Heart and Head.

"The Hara as you know is the region just below the navel and this corresponds to the small triangle of the descending triangle just below the base of the ascending triangle. This region can now be seen three-dimensionally as what we call the Descending Lower Tetrahedron. The descending lower triangle is the region of the hara, and is actually a small three-dimensional descending triangle known as a tetrahedron.

"The base of this inverted pyramid is the coccyx, or the tailbone, and it rises up to the hara and the two kidneys where it becomes the Ascending Tetrahedron. You can imagine that this three-dimensional structure has a flat triangle at the top that goes from the hara to the two kidneys. Those three points each have lines descending down from them to the point at the coccyx. Now, Meditation Number One, becomes Meditation Number Thirteen – Hara Energetics, by breathing in and out of this structure.

“Instead of just breathing into a ball of energy in the hara, now we are breathing into and balancing this geometric structure. What we find in this meditation is that the lower region of the body begins to feel very open and balanced. The benefits of this meditation cannot be adequately described because they happen on such a deeper level. It is simply a profound level of balance and intensity that happens with this flow.

“When working with Level Two meditations, one is to visualize the lines of the geometric structure, and breathe into the space made up of these lines. Sometimes the lines are perceived as light, and sometimes they are seen as color. The color of each meditation is a topic for later discussion and is not necessary here. For now, just imagine the lines as pure white light.

“The practitioner can breathe into this meditation just as he has done with the others until the energy feels centered and balanced there, then the breath can be pulled to the region of the heart. In Meditation Number Two, we simply breathe into the center of the chest, but now we are breathing into the entire center region of the three-dimensional six-pointed star. When the star is seen in three dimensions, it is called a star tetrahedron, and the middle of it, the region of the heart, can be seen as an octahedron.

“This space is made up of the intersection of the ascending and descending tetrahedrons of the Star. Its space is multi-faceted and can be hard to visualize all at once. Simply hold the image in your mind of this shape to the best of your ability and breathe into it. Its top leads up to the Ascending Upper Tetrahedron. This structure has its base as the posterior edge of the second thoracic vertebrae at the level of the clavicles and the clavicles themselves. This horizontal triangle has a flat side in line with the clavicles and an opposite point in the region of thoracic vertebrae two. Its base is actually the top of the Descending Tetrahedron.

“From this flat base the triangle goes up to the top of the head as a tetrahedron. This ascending upper triangle represents the region of the head and is the basis for Meditation Number Fifteen – Head Energetics. We illustrate this here, before teaching the meditation, just to illustrate the region for the octahedron of the heart.

“The three-dimensional geometry of the chest is the center of the Star Tetrahedron and is breathed into from the level of the kidneys and hara up to the level of the clavicles and thoracic vertebrae two. This space is filled with the breath and its lines are visualized as being that of white light. The entire body is filled with this light and every region and organ not covered by Level One meditation gets covered now.

“Breathe into Meditation Number Fourteen – Heart Centered Energetics until a beautiful balance and openness is felt in the torso region. Once this is achieved, then move on to Meditation Number Fifteen – Ascending Energetics in the Ascending Upper Tetrahedron. This meditation is the same as the preceding two as it is visualized and breathed into as a geometric form.

“Practice these three meditations after all of Level One is completed in its flow. At this stage, after finishing it, simply return to the region of the heart and end the meditation session there.

“There is no reason to go into a complex explanation of the nature of the body as pure geometry as created in the image of the Star Tetrahedron for now. Just practice the basics of this next level of meditation and through direct experience this will all become very clear and self-evident. At this level of practice explanations only can satisfy the mind, but the real practitioner knows by now the benefits of seeing what the practice does through its direct application. My dear Myckal, I know you will thrive on this next step. Come to me soon and I know you will easily grasp the next two meditations.

February 17, 1805

Today I was instructed in Meditation Number Sixteen – Sexual Energetics and Meditation Number Seventeen – Circulation Energetics. The process is simple, as was the last three meditations, but I can see how if someone did not master Level One that they would struggle tremendously trying to make Level Two flow well. It is a lot to remember and learning it over time makes it much easier. As Level Two is very similar to Level One, John initiated me to my next step:

“Today Myckal we will begin by moving you onto Meditations Number Sixteen and Seventeen. Meditation Number Fifteen – Sexual Energetics deals with the same sexual energy as in Meditation Number Four, but this time we are aware of the subtle geometry of the genital organs. In the male the two testes into the penis make up a triangle. In a woman, the geometry actually refers to what is known as a Vesica Pisces. This oval shape represents the vagina. In geometry it is formed by the intersection of two circles or spheres whose centers exactly touch.

“This opening of the female genitalia is a Vesica Pisces and leads up into the uterus with its opening at the cervix. The cervix in Tibetan Buddhism is actually symbolized by a Six-Pointed Star. It is here that the ovaries connect to the fallopian tubes that form another descending triangle. All of these structures lead down to the Vesica Pisces, which is the vagina. The clitoris and g-spot are very important for the focus of the awareness for working with the sexual energy in women.

“In men it is mostly the testes, but we can see a triangle structure in the form of the testes into the penis. In women this structure has a lot to do with the ovaries into the clitoris, but for the sake of meditation, women should focus on the oval shaped vagina and men on the triangular shaped testes to penis.

“This meditation is the same as Meditation Number Four as the breath is cultivated at this region. The geometry should be visualized in whatever way seems natural and the sexual energy should be embraced and cultivated. The level of understanding of this energy may have evolved for the beginning practitioner over his or her first year or so of training, but it is not until Level Three that this energy is really put to use.

“This first year involves so much that we seldom will share with someone the deeper teachings of working with the sexual energy. Level Three is entirely dedicated to this practice, but for now, simply focus on the sexual organs and breathe into them as before with the focus on their geometry. Once this energy is cultivated again, then move onto the next meditation.

“Meditation Number Seventeen – Circulation Energetics deals with the same notion of pulling the sexual energy up to the head, but this time we work with the lines of the sacred geometry of the Star Tetrahedron. The Descending Tetrahedron goes from the base of the Ascending Upper Triangle to the coccyx in three dimensions. It has two lines running from the outer edges of the clavicles to the coccyx, and also one from thoracic vertebrae two to the coccyx.

“It is the line running from thoracic vertebrae two to the coccyx that we call the energetic back central channel. This leads right into the ascending upper tetrahedron that gets filled with the breath. The inhalation in this meditation runs up the energetic back central channel and fills the ascending upper tetrahedron. Then the exhalation opens and expands this energy into the fullness of the upper tetrahedron.

“Meditation Number Sixteen – Sexual Energetics leads into Meditation Number Seventeen – Circulation Energetics, with the transmutation of the sexual energy into the region of the head which corresponds to our highest level of spiritual awareness. Here again we take the sexual energy and pull it up to be transformed into Spirit. By using the geometry of this motion, we simply tap into a deeper energetic level of the Star. The experience is more important than the explanation and therefore we will let you see for yourself how this meditation will feel and what it will do for you.”

March 1st, 1805

“We now come to one of the most important meditations in the entire system. Meditation Number Eighteen – The Six Pointed Star Energetics, is the real essence of this system. Meditation Number Six – The Six Pointed Star, deals with a more physical level of the body and requires less from the practitioner in the way of visualization skill and an understanding of the geometry of the body.

“This meditation deals with the three basic geometric structures as found in Meditations Thirteen, Fourteen and Fifteen. In Descending Energetics we are concerned with the inverted pyramid known as the descending lower tetrahedron. This tetrahedron has its base at the coccyx and its top at the hara and two kidneys. Its top forms the base of the heart octahedron, which deals with the center of the Star as the

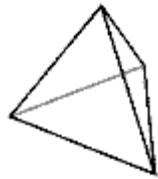
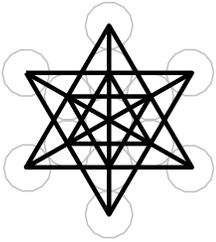
torso. The top of this octahedron is the base of the tetrahedron that we call the ascending upper tetrahedron. This structure has its base at the level of the clavicles and thoracic vertebrae two, and its peak at the crown of the head.

“We follow the same flow as Meditation Number Six, but now we are visualizing this sacred geometry on an energetic level. We begin with an inhalation into the ascending upper tetrahedron and an exhalation to its base at the clavicle/lung region. From here we inhale the length of the descending tetrahedron all the way to its point at the coccyx. The next exhalation from the coccyx is up to the top of the descending lower tetrahedron to the region of the hara and kidneys. Then the next inhalation returns the breath to the crown along the length of the ascending tetrahedron.

“It is exactly the same flow as before, but now we are challenged to breathe into a three dimensional space and to be very aware of all of the points of each geometric structure, as well as its lines of force. Being able to hold these two interlacing tetrahedrons in one’s awareness is a major step to gaining the proficiency in the use the Star Tetrahedron in a most profound way. This structure is the pure blueprint of who and what we are as human beings. It is our light body and the vehicle of our Soul. Through it we find the perfect balance of being perfectly human and perfectly Divine. We can use it to heal the body, travel beyond the body, as well as to contemplate its structure in relation to its macro origins.

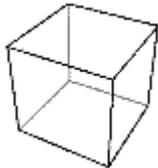
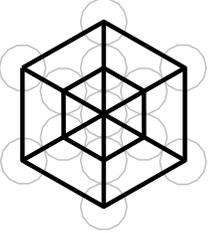
“The Star Tetrahedron is the basic underlying geometry of creation. It is the essence of our bodies as being “created in the image of God.” Through the mastery of its energies we can become pure expressions of Divinity on this Earth.”

THE FIVE PLATONIC SOLIDS



TETRAHEDRON

Four triangular faces, four vertices, and six edges.



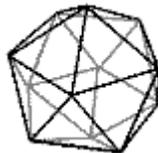
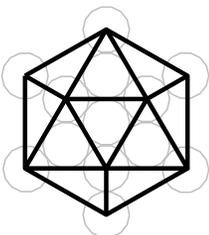
CUBE/HEXAHEDRON

Six square faces, eight vertices, and twelve edges.



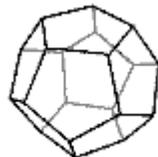
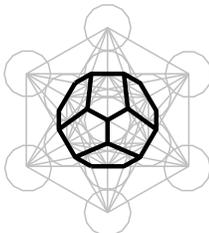
OCTAHEDRON

Eight triangular faces, six vertices, and twelve edges.



ICOSAHEDRON

Twenty triangular faces, twelve vertices, and thirty edges.



DODECAHEDRON

Twelve pentagonal faces, twenty vertices, and thirty edges.

“The 5 Platonic solids (Tetrahedron, Cube or (Hexahedron), Octahedron, Dodecahedron and Icosahedron) are ideal, primal models of crystal patterns that occur throughout the world of minerals in countless variations. These are the only five regular polyhedra, that is, the only five solids made from the same equilateral, equiangular polygons. To the Greeks, these solids symbolized fire, earth, air, spirit (or ether) and water respectively. The cube and octahedron are duals, meaning that one can be created by connecting the midpoints of the faces of the other. The icosahedron and dodecahedron are also duals of each other, and three mutually perpendicular, mutually bisecting golden rectangles can be drawn connecting their vertices and midpoints, respectively. The tetrahedron is a dual to itself.”

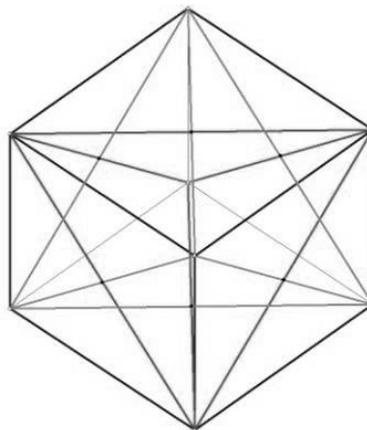
Bruce Rawles
www.geometrycode.com



Tetrahedron

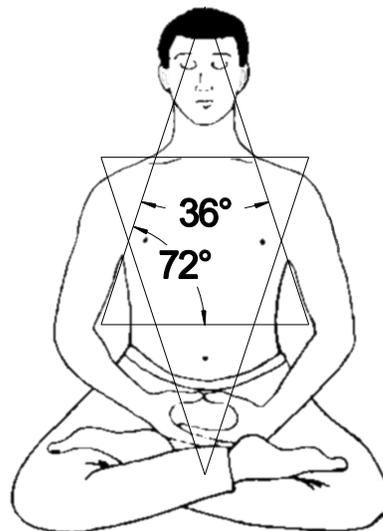


Octahedron

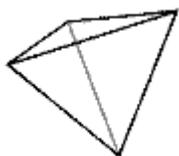


Star Tetrahedron

MEDITATION NUMBER THIRTEEN – DESCENDING ENERGETICS

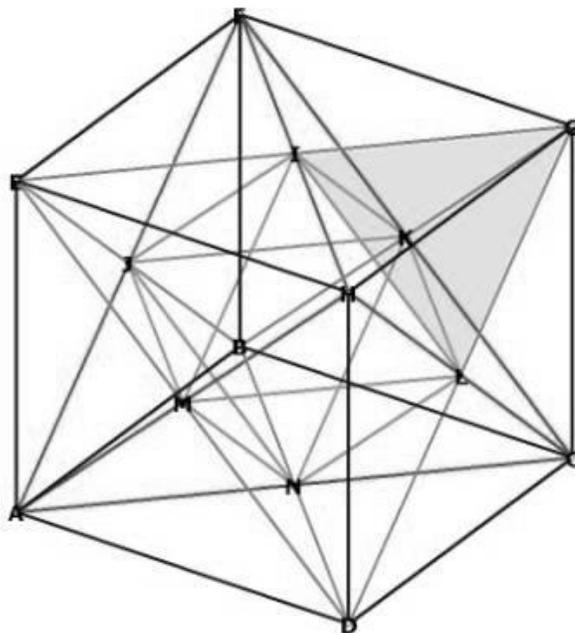


Meditation Number One – Descending – The top line of the Descending Triangle begins at the shoulders and is physically represented by the clavicles. The two angled lines run from the acromial extremity of the clavicles and descend to the tailbone. The small circle at the base of this triangle represents the hara located about two inches below the navel. Energy moves from the top of this triangle to the bottom and is cultivated at its base.



Meditation Number Thirteen – Descending Energetics: Inhalations and exhalations into the Descending Lower Tetrahedron. Focus on pure white light for the lines of the structure and fill it with light (as with all Energetic Meditations,) again the awareness is on grounding.

MEDITATION NUMBER FOURTEEN – HEART CENTERED ENERGETICS



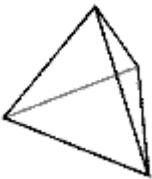
Meditation Number Two – Heart Centered - The small circle in the center of this symbol represents the region of the heart chakra. Its center is located on the midline of the sternum at the level of the fourth intercostal space between the two nipples. The Star itself represents the union of Ascending and Descending at the heart – the place where the human and the Divine are one. Energy is pulled from the hara to the heart and then cultivated in the heart.

Meditation Number Fourteen – Heart Centered Energetics: Inhalations and exhalations into the Octahedron of the Heart/Chest. Focus on filling this structure with light, with the awareness on love and compassion.

MEDITATION NUMBER FIFTEEN – ASCENDING ENERGETICS



Meditation Number Three – Ascending – The bottom line of the Ascending Triangle begins at the level of the kidneys. The two angled lines run from the lateral sides of the body at kidney level up to the crown of the head. The small circle at the crown represents the Third-Eye point located above and between the two physical eyes. Energy moves from the Hara to the heart and then to the head and is cultivated here at the Third-Eye region, while the attention is directed towards the Self.



Meditation Number Fifteen – Ascending Energetics: Inhalations and exhalations into the Ascending Upper Tetrahedron. Focus on directing the love of the heart towards Spirit.

MEDITATIONS SIXTEEN AND SEVENTEEN – SEXUAL ENERGY AND CIRCULATION ENERGETICS



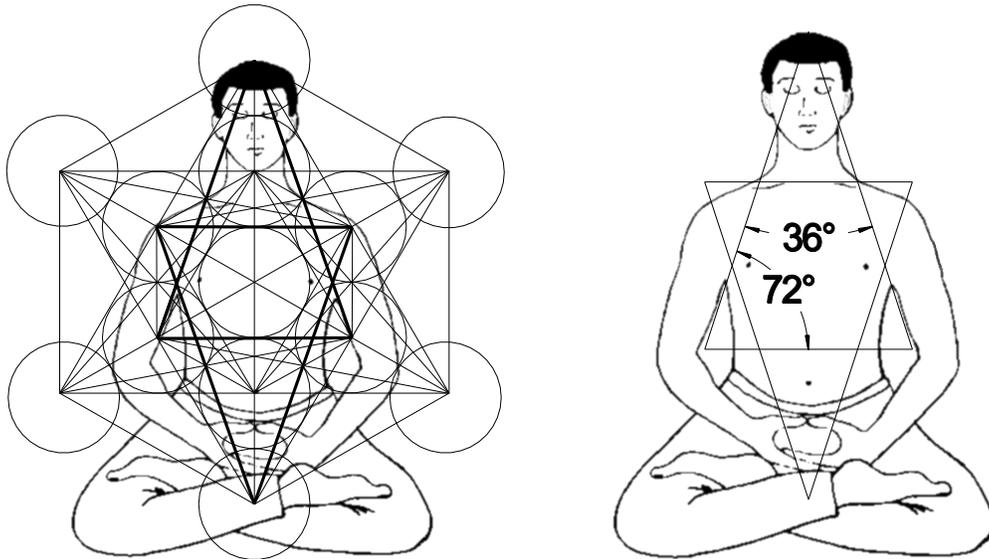
Meditation Number Four – Sexual Energy - The Descending Triangle of this meditation is the same as Meditation Number One. However, it also indicates that the higher energies of the Third Eye region are also brought down into the sexual organs. The small circle at the base of this triangle represents the penis and testes in men and the vagina and clitoris in women. Higher energies are brought down to the sexual organs and cultivated there, thus infusing the sexual energy with the energy of higher consciousness.

Meditation Number Five – Circulation – The Descending Triangle is the same as in Meditation Number One and Four and represents that the higher energies have been brought down into the sexual organs. This symbol is not a breath in and of itself. The small circle at the base is the sexual organs and is the first inhalation that begins there and goes up the back central channel, which is represented by the line bisecting the circle. The small but larger circle at the top represents the Third Eye region. More importantly, it also represents the space of the entire head and brain. The exhalation circulates the sexual energy that was pulled up the spine here in the higher chakras.

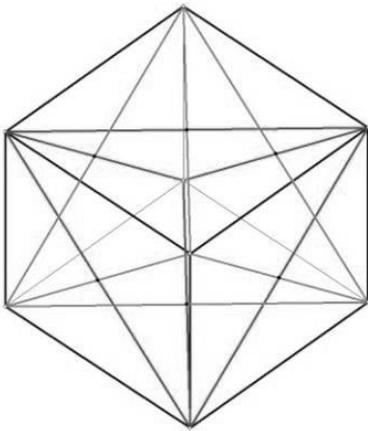
Meditation Number Sixteen – Sexual Energetics: Inhalations and Exhalations to the sexual organs with the awareness of the triangle of testes to penis, or ovaries to clitoris. Focus on the energetics of the sexual essence as light.

Meditation Number Seventeen – Circulation Energetics: Inhalations up the back central channel of the Descending Tetrahedron into the Ascending Upper Tetrahedron. Exhalations fill the Ascending Upper Tetrahedron with transformed sexual essence.

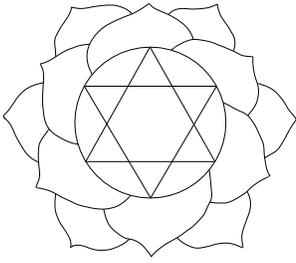
MEDITATION EIGHTEEN – THE SIX-POINTED STAR ENERGETICS



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.



Meditation Number Eighteen – The Six-Pointed Star Energetics: Inhale to the Ascending Upper Tetrahedron up to the Ascending Tetrahedron. Exhale to the top of the Octahedron of the Heart at the level of the clavicles and thoracic vertebrae two. Inhale to the Lower Descending Tetrahedron along the Descending Tetrahedron. Exhale to the bottom of the Octahedron of the Heart at the level of the kidneys. Focus on the balance and harmony of the bodies' sacred geometry.



Congratulations...

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Nine – Meditations Numbers Thirteen through Eighteen for at least one month and feel proficient their practice, then you are ready to order 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.