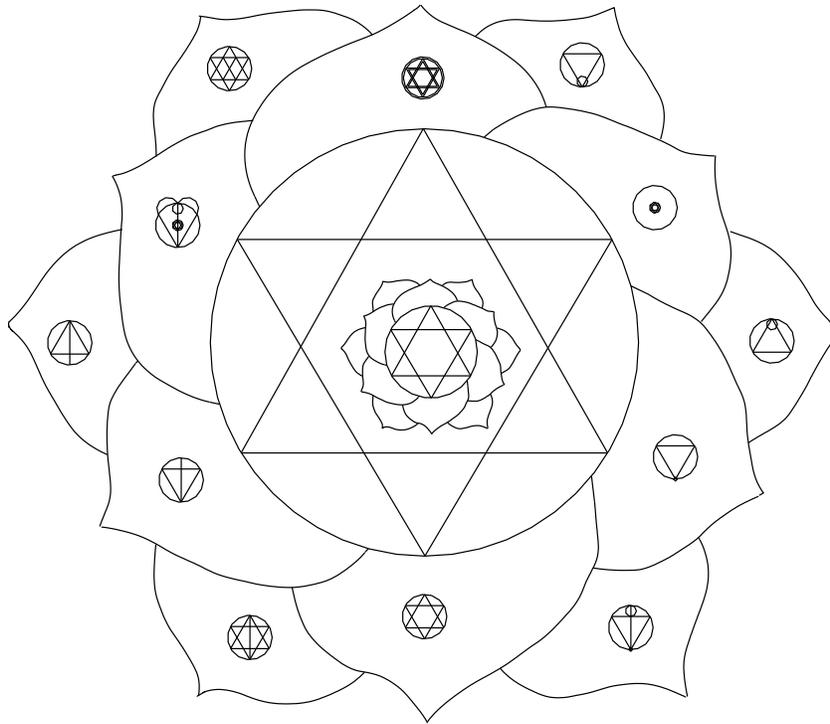


Anahat Meditation Lessons Workbook and Audio Recordings

THE ANAHAT TEACHINGS



Lesson Three – Meditation Number Three – Ascending

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CHECKLIST

Remember to write in 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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RECORDING CONTENTS

- Introductory Talk on Ascending Meditations
- Guided Twelve-Minute Session on Ascending and incorporating the preceding meditations

INTRODUCTION

Welcome to Lesson Three—Meditation Number Three—Ascending. Here you will be progressing through the meditation system by learning to move the concentrated power that you have been cultivating in Descending Meditation through the Core Central Channel and into the Heart Center and then into the higher chakras. It is therefore important that you have some sense of what it means to maintain a disciplined meditation practice where you can concentrate your awareness and hold it where you want to. Do not worry, however, if you are not perfect at this yet. Mastery will take years. Every time you begin Anahat Meditation you will always be beginning with Descending anyway. Not only were you encouraged to wait at least one month before beginning the next meditation, but so too, during each meditation practice, you will want to feel proficient in Descending and Heart Centered before moving on to Meditation Number Three. This is an important point to understand and so we will review it in detail.

The first component to understand is the need for learning the entire system over time. The reason for the one-month interval is to give you time to feel that you have gotten the feel for the meditation that was being practiced. You do not have to feel mastery over that meditation, but you should understand its energetics through direct experience and not merely an intellectual understanding. Giving one month to practice also ensures that you are practicing and that you understand that meditation is a life-long practice and not something that you simply tried and then moved beyond. At this stage, Descending should now be a part of your life. The notion of embracing your humanness should be happening all the time. I hope that these first two months gave you a good chance to practice several things:

1. To have developed a meditation practice that you engage morning and evening
2. That you have some sense of what *yoriki* and *sanyam* are and that you can place this concentrated power at your Hara and keep it there consistently when you want to
3. That you have taken some time to improve the very physical components of your well-being, which include your physical health, nutrition, exercise, and financial situation
4. You have dealt with your emotional issues and are able to sit in meditation with some level of peace in your body, emotions, and mind.

Descending will always be a part of your life and it will never be something you neglect if you are apparently in a physical body. Descending will also now be the beginning of every Anahat Meditation session that you engage in. The 12 core meditations that form the system always begin with Descending. When you begin sitting now, you will practice Descending until you feel that you are quite solid in its practice. It is then, and only then, that you will consider moving on. Therefore, there is a month of practicing Descending before moving on, and there is a daily practice of Descending before moving on. There will be times during a sitting period where you will only want to Descend and may not feel ready to move your energy anywhere else. This is always perfectly fine.

Here are a few ways to know that you are ready to move on to Meditation Number Two and Three during a sitting practice.

1. You feel grounded and solid in your body—not caught up in your head or in your mind.
2. Your body feels warm and open and relaxed—the muscles and blood vessels should be relaxed with no sense of fear or tension constricting the system.
3. You should feel one with your breathing—the breath should feel slow and steady.
4. You should be able to count from 1 to 10 repeatedly without losing track of the numbers.
5. Your body should be remaining perfectly still, and your mind should be held at the Hara and then at your Heart.
6. You should feel a solid sense of concentrated power that you have cultivated at the Hara, which can be moved throughout the energetic pathways of the body.

7. You should be able to hold your awareness at the Heart Center and not have your mind waver from this place, while holding an awareness of love.

Perhaps these standards make you question whether you were ready to move on to Lesson Number Three. Again, do not worry and just continue your practice with these intentions in mind. Recording 2 of this month's Lessons will guide you for 4 minutes of Descending, 4 minutes of Heart Centered and then 4 minutes of Ascending. Just remember the importance of Ascending before moving on and remember that you will also be practicing Ascending every day during this month. Now you will be asked to also increase your practice to 12 minutes morning and evening instead of just 10.

ASCENDING

This month's practice is meant to help you incorporate the first two month's components into something that I am sure you have been very patiently waiting for. In Descending Meditation, you hopefully have understood and developed your joriki and sanyam power. Also, it is assumed that you can sit comfortably in meditation and have your life in some sense of order that makes it easy to sit without distraction. In Heart Centered Meditation you were to have pulled the concentrated power to the heart to actively cultivate an attitude of love and kindness. Now this love and concentrated power are to be directed into the higher chakras—especially chakras six and seven. This opens you up to a wonderful level of spirituality that many people never experience because they lack the ability to concentrate and are still too full of negative emotion to commune with the Divine.

This month is about oneness with our Divine Source. It is about pulling the awareness into the Higher Self to know ourselves as this Self. The practice begins with Descending as always for a minimum of 4 minutes and then a minimum of 4 minutes of meditation held at the Heart. While Descending, be sure to cultivate your sanyam power. While at the Heart, be sure to cultivate an awareness of love. Now when it is time to direct the attention to the Third Eye Point and into the Higher Self, you will be able to be there without wavering. You will spend a minimum of 4 minutes Ascending where you will be putting your attention on the Space of Pure Consciousness—the space of Absolute Bliss Consciousness.

First, remember that the Core Central Channel runs from the tailbone to the crown of the head and that you are pulling the life force energy from the heart to the head through this channel. Be sure the tip of your tongue remains on the roof of your mouth because this will help connect this vital energy pathway.

Remember the eyes, hands, and chin in relationship to where energy is moving. The eyes will usually be closed when practicing Ascending—as the movement is “in and up.” The eyes will move up gently into the space above and between the two physical eyes during Ascending. The hands can remain in Maha Mudra or, if they are resting on the knees, the palms may be turned up. The chin is moved from the tucked-in position to now being level with the ground. The chin should be parallel to the ground, and the head should not be leaning back.

Once the energy has been pulled to the Head, the attention should move into the circle of awareness found in this region. Remember the three divisions and how each is represented with a circle (or a sphere to be more precise.) You will want to feel this space and hold your attention there. Become aware of the I Am presence of your own consciousness. This space is known as Satchitanand: Sat—Pure Existence, Chit—Pure Consciousness, and Anand—Pure Bliss. In future lessons you will learn to move through the stages of Samadhi into this Absolute Bliss Consciousness to eventually merge into a non-dual state of awareness that transcends all time and space. For now, just practice bringing your attention to this place and again be patient. Hopefully, you are now seeing the wisdom of the system and trusting its methods of instruction.

Words that describe this Space of Pure Awareness on which you will be focusing are—Peace, Bliss, Love, Consciousness, Stillness, Silence, Spirit, Soul, I Am, Absolute, Unchanging, Immortal, Eternal, Forever Free, and Transcendent. The Truth of this Reality is absolutely beyond name and form. However, when you are experiencing a Reality that is known through these words, just keep bringing your attention there again and again. If this is too abstract, then the simplest thing to do is to bring your attention to the blue/black space in your forehead. If this is still elusive, then imagine a small circle the size of a quarter in your forehead and focus there.

Remember that this can get very blissful. Be sure to resist the urge to drift off into fantasy or sleep. Keep engaging your concentrated breathing and counting. At this stage, you are not encouraged to let go of these components of your practice. Trust this, because without the joriki/sanyam power, you will not be able to enter the deeper stages of Samadhi.

When you come to the end of your designated sitting period, you have a few options that I would like you to experiment with. You can stay in your Higher Chakras and see how you function throughout the day, or you can also descend the energy back to the Heart or even back to the Hara. I would encourage you to

experiment with all three options to discover the extremes of what it is like to live in only one of the three divisions. The entire Anahat Meditation System is based on a balance of these three major spaces, but at this stage you are not integrating these energies. This is fine for now. You are encouraged to see what it is like to live your day from each of these energy centers.

During this period of Ascending you may encounter exciting mystical experiences that I will explain later in this workbook. If you have any questions about what might be happening to you, then feel free to contact a Certified Anahat Meditation Teacher to ask your questions.

MEDITATION NUMBER THREE—ASCENDING

❖ Inhalations and exhalations to the Third Eye with a focus on Divine Love and Union.

Meditation Number Three – Ascending begins the process of uniting the individual with the Divine. The first two meditations were preparation for this in that they aim to develop a clear, focused, and loving heart/mind that is to be directed to God. This meditation leads us toward our Source as Pure Consciousness and Pure Bliss. After its practice, the energy should be brought back down to the Heart or Hara to avoid becoming ungrounded.

ASCENDING

The process of Ascending involves bringing one’s attention to the Third Eye point as well as to the consciousness itself. When Ascending, we learn to place our attention on the higher chakras; but we also learn of something much deeper and much more important. As we begin to ascend, we notice that our true nature is the very Self that we have always sought. A shift then begins to occur where we realize that we are so much more than just this body, mind, and emotions, but that we are the Higher Self that observes them. Over time we begin to know our self as this Self, and our identity becomes firmly rooted in the immortal and blissful Knower that we truly are.

As the consciousness is becoming more firmly rooted in itself, the practitioner usually goes through many profound levels of mystical experience. Visions, lights, out-of-body experiences, angelic visits, strange powers, and intense bouts of ecstasy become a huge and consuming part of the path. These phenomena unfold differently for everyone, and it is important to understand that they are not the goal of the path. These experiences, which will occur for a limited period, ranging from months to years, are a sign of great progress but should not be held onto or even desired. One should simply keep engaging one’s practice while staying focused on the goal, which is none other than absolute Self-Realization.

In the Ascension process, we do become aware of the more subtle realms that exist beyond the physical and we, in many ways, gain access to these realms. This involves an entire level of being that occurs through the out-of-body experience and through many levels of mystical perception. Later in these Lessons we will explore this concept much more in-depth as having the ability to leave the body and to transcend one’s humanness becomes a huge part of this practice.

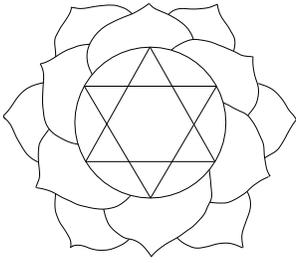
RECOMMENDATIONS FOR ASCENDING AND LESSON NUMBER THREE

Review *The Sacred Geometry of Meditation*

Astral Projection Workbook and Audio Recordings

Nutrition Changes

Solitude and Meditation Groups



Congratulations...

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Three – Meditation Number Three – Ascending for at least one month and feel proficient in its practice, then you are ready for your next set of lessons. However, you may be asking, “How will I know if I am ready or not?” The following points should be used as a checklist:

- You simply feel that you are ready and want to continue.
- You have been practicing morning and evening for at least 12 minutes on a regular basis.
- You have some sense of what the word *Joriki* means from direct experience.
- You feel that you understand what it means to Descend and to bring your energy into your body, as well as to pull the energy to the heart and keep it there.
- You have spent some time during this second stage working on your emotional issues and opening your heart.
- You have gone through the workbooks and the accompanying audio Recordings for Lessons One and Two and Three at least twice.
- You have some sense of what it means to Ascend into the Space of Pure Consciousness and to know yourself as this Consciousness to some degree.

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.