MASTER KOOT HOOMI
ON MEDITATION

[In the First Edition of E.S. Instruction No. V (issued after Madame Blavatsky's death and signed by both Annie Besant and William Q, Judge), one finds a brief quote from Master K.H. on Meditation.

A much fuller version of Master K.H.'s instructions on Meditation is found in a document preserved among the papers of Alice Leighton Cleather at The H.P.B. Library in Canada.

In 1897, Mrs. Cleather wrote to a correspondent that she had been a member of the Inner Group. She also said Inner Group members were given extracts from various letters of the Masters and HPB.

This document on meditation may be one of the extracts given to Inner Group members.

Some of this text first appeared in an article written by Jasper Niemand (pseudonym of Mrs. Julia Keightley) and published in THE PATH (New York), July 1889, pp. 102-103.

Mrs. Keightley prefaced the text with the following words: "...let us read some remarks from an Oriental adept which came into our possession many months ago."

Below is the document as found among Mrs. Cleather 's papers. — Daniel H. Caldwell.]

MEDITATION

From a paper of notes made from ∴ [the Master]'s Letter

During Concentration one must make oneself as positive as possible to spooks and all astral lower influences, but as negative as possible to the influences of ∴ [the Master]. Concentrate on the idea of the Higher Self, say for half an hour

at first. Permit no other thought - by degrees you will be able to unite your consciousness with the Higher Self.

The Higher Self is always to be sought for within; to look outside is a fatal mistake. The effort to be made is to reach the highest self of which you are capable, and to hold yourself there.

The registration of the consciousness of this higher plane on to the physical takes place at the last moment of the passage back to the physical; and this, together with the fact that the 'double' is often active, often produces a state of double consciousness, a source of error.

In acquiring the power of concentration, the first step is of blankness, then follows - by degrees - consciousness and finally the passage between the two states becomes so rapid and easy as to be almost unnoticed.

During the moment of concentration the body is in a 'brown study' and retains a sort of dream perception (this, of course, applies only to Chelas).

The Higher Self is shapeless, sexless, and formless. It is a state of consciousness, "a breath". The great difficulty to be overcome is the registration of the knowledge of the Higher Self on the physical plane. To accomplish this the physical brain must be made an entire blank to all but the Higher Consciousness and the "double" or astral body - must be paralysed, or error will result.

In the first place, try to put yourself in such a state as not to feel anything that happens to the physical body; in fact to separate yourself from your body. If in this attempt you feel anything, any foreign influence coming to you from outside, break up the concentration at once.

Your best method is to concentrate on the ∴ [Master] as a living man within you; make His Image in your heart a focus of concentration; so as to lose all sense of bodily existence in this one thought.

The idea of the ∴ [Master] will prove the best safeguard against spooks, etc.

The effort is far more dangerous for psychics than for others, because their bodies are more sensitive and attract more various other powers of Nature.

A sense of "freedom" is one of the marked characteristics of the Higher Consciousness, and the will effort needed to silence the body, is the same as that needed to forget pain.

No two men pass through the same experiences in effecting the union with the Higher Self. The true Higher Self is "the Warrior" referred to in "Light on the Path" and it never acts on this plane where the real actor is the Manas. This union with the Higher Self is the best means of killing out all sense of separateness, therefore man must become the slave of the Higher Self.

The difficulty is to fix the higher perception on the physical brain. Leave your physical brain entirely a blank page, leave it entirely passive