

THE SECRET TO SUCCESSFUL MEDITATION



Based on the teachings of HT Hamblin*

There are many reasons why people may choose to meditate: to relax, to solve problems, to improve health, to achieve clarity of mind and so on, but Hamblin views meditation as a prelude to something much more profound, a deep spiritual objective - to become attuned to the vibrations of God, or higher consciousness, or what might be called the awakening of an inner spiritual awareness.

Hamblin's teaching is that, as a result of meditation, a higher or spiritual mind opens and begins to function – a mind which grasps deep spiritual truths without having to reason. It has direct knowledge.

When seeking divine wisdom by direct knowing, the mind must be calmed and stilled. This is done by gently yet repeatedly turning away every intruding thought until our soul is left undisturbed with God. It is then in the silence that thoughts and ideas come into consciousness, which are from God or our understanding of the highest spiritual energy.

No particular posture or process is required but successful meditation depends on the ability to control the thoughts. If this does not feel possible, it is very helpful to practise a form of prayer instead, at the same time ever seeking after that which is higher and better.

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Here are some key points from Hamblin's teachings on meditation:

- The first thing is to set aside a certain time (a few minutes at first) both night and morning, for meditation and for entering the silence. The aim is to lift the heart up until a point of contact with the Divine, or the highest spiritual energy, is reached, and then rest in the "quietness". This is sometimes described as *being still and knowing God*.
- The term *entering the silence* is perhaps liable to be misunderstood. Instead of allowing ourselves to sink down into a state of passivity, we should reach up to God, or higher consciousness, until we reach a state of deep attunement and sense its spiritual power. *Entering the silence* is really becoming attuned to God, or our spiritual source, which means that our vibrations have to be raised to a higher pitch until they vibrate in harmony with the higher spiritual pitch or note. True silence is positive, real and substantial. Hamblin teaches that true silence is not a mere absence of noise – it is a state of alert presence, or realising the presence of God. It is only in the silence that original ideas can come; ideas which often transform one's life with startling rapidity.
- Hamblin's technique is not one of emptying the mind or concentrating on the breath, it is a deep focusing on a particular subject, or upon an aspect of God (or however you perceive the highest spiritual energy). This involves holding in your mind a thought of an aspect or quality of God, or the highest spiritual energy, and turning it over like a precious jewel to allow insight and illumination from higher spiritual levels to reveal to our consciousness all its various facets of truth.
- The secret of meditation is that, when we meditate, what we then get to know as God, or the highest spiritual energy, becomes incorporated within our own being and character. In other words, the higher spiritual qualities which we have meditated on become reflected into our character and built into the very fibre of our being - the effect of the meditation is to change us into the likeness of that upon which we meditate.
- Ultimately, you may find that it is no longer necessary to follow any set system of meditation and contemplation – but only to know God and to feel so immersed in God's peace that you feel this peace flowing through you like a river.