



Caveat: These communications are informative teaching instructions for those who seek to increase their understanding of themselves and the magnitude of the future lying before us all. These lectures are not of a religious nature but rather deal with the science of human potential and evolution. This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited.

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Hatton: Greetings. I greet you, beloved friends, in the love and light of the infinite creator. I am Hatton.

With your permission, I should like to speak for a few moments tonight upon the importance, some of the techniques and some of the preparation for meditation.

My friends, there is nothing more important in the life of man, both in the physical, chemical life in which you live now or upon any other plane of existence, than meditation. Meditation is man's time to withdraw from the normal functions of whatever plane of life he may be in at the time, and to attune himself with the cosmos. To use the energies, to gain wisdom and understanding, to take in so to speak, that he might come out, go forth and give in service to his fellow man.

In the first place, it is necessary to discipline one's self, to some extent, and set aside a certain time each day for this practice and you will never become proficient at the art of meditation unless you practice consistently. It is not enough to practice this art once a week or once a month, or even every few days, but this should become a daily ritual. For unless you do this, your progress shall be slow in mastering the art.

Once you have become proficient in the art, you can spend much less time for you reach the state of contact with the infinite mind much more quickly. As man starts to practice the art of meditation, he should also attempt, or perhaps I should say that he should immediately begin to bring his own life into order, for unless you bring your own house into order, you will find great difficulty in mastering this art. For to withdraw from that which is upper most in your intellect, your mind, you will find that it is necessary to have there the higher thoughts, for it is much easier to drift away from thoughts of love, peace and joy into the silence than it is to release thoughts of anxiety and fear.

Thus as man brings his house to order, he finds he is more quickly able to quiet himself and to drift into the silence, immerse himself in the light of creation and merge with the one great mind. In the early stages of going into the silence, you will find it helpful if you will concentrate upon something. Many techniques are used. Your Yogis concentrate upon what they call the

"third eye," others concentrate upon a light of one type or color. This is not of great importance, but only an aid in helping you to release yourself and draw yourself away from the racing conscious mind. But on the other hand do not attempt to force the thoughts of your conscious mind to cease for in doing this you only build a tension.

Relaxation and letting go of all conscious, or perhaps intellectual things would be a better term, and as these things are released you find your inner consciousness taking on an awareness an awareness of many things. An awareness of your physical body as you have never been aware of it before.

You become conscious in certain stages of every cell of the physical body and each cell seems to take on an awareness of its own. In other words you become aware from head to foot, yet it is not an awareness as you know it through the intellectual mind.

As you move forward in this practice becoming ever more conscious of the "inner things" you find you are becoming conscious of the "Universal Mind." You are tuning in with intelligence and wisdom and knowledge begins to flow to you in ever increasing amounts.

It is possible my friends, through this technique of meditation to attune yourself to anything, or any being. There are those who through long periods of devotion are able, to attune themselves and communicate with plant life, with animal life, or most anything you could name, for consciousness, beloved friends, is everywhere and you are attuning yourself to the consciousness.

As you meditate keep the spine straight and erect, for the energies that flow through to you will flow more freely. The spine in the physical structure is the center of your being and all the cosmic energies that come to you must flow through these centers. By keeping it straight and erect you allow for free flow of energy to your being and the results shall be greater.

Many have the difficulty of wanting to sleep in meditation. Perhaps not wanting to sleep, but they find that the physical gives way or the mental rather gives way to the physical and you find yourself going into slumber. But this can be avoided by using the concentration method and by keeping yourself in good

posture for meditation. For only through good posture can the cosmic energies reach you in proper proportion.

Teacher: I should like to give you a little exercise to use in your healing efforts. Choose for yourself a quiet time either sit comfortable or lie comfortably.

Then picture yourself bathed in the pure healing energy. Visualize it as a beautiful light, bathing in it as you would in the sunlight. Then visualize as strongly as you can all resentment, all negativity of any kind being drawn from you. See it leaving your being and being absorbed in this great healing energy.

Allow yourself to become completely relaxed and feel all of these things, all of the cares, all of the worries being completely drained from you.

Then see yourself as a lively, radiant, happy being. Full of life, full of energy. See yourself as strong, joyful, happy and see yourself enjoying all people, realizing their greatness. Realize that all people, regardless of race, creed or color, has within him the same as you. That he also is a perfect child of the Great Creator, as important a part in the great sea of life as I or as anyone. Realize your brotherhood with all mankind and rejoice that it is so.

If you will practice this and let it become a part of your consciousness and establish a knowing of this in your heart, you will become a strong, happy, radiant child of creation and know that all are equal.

Receive ye now the light, the great healing energy of the universe, created for your good and for the good of all people. Receive ye also the blessings, the love and the understanding of our Brotherhood.

So be it. So be it. Go in Peace. ☸