

## Application #9C – Inserting the Divine

This is a devotional meditation tool using a mantra. With this application, you are exposed to adding the concept of the Divine to an exercise and how this alters the operation.

### Exercise 9C -- Devotional Chanting (May involve the G-word)

The third mantra category is devotional, also known as a heart chakra chant. There are all types of devotional chants in world religions -- the Psalms in Judaic and Christian traditions, Hari-Krishna from India; they are all devotional. The rosary is a devotional form of mantra.

To help you understand devotional chants, one reference involves a desire for union with something greater than yourself; all devotional chants involve a recognition of 'something' grander than you. The previous mantras and chants were more steering in, steering out, this way, that way. They are involved with dealing with mental operations -- manipulating your mental direction. Previous meditation exercises can be done without any concept of a Divine Being -- God.

Throw in the concept of a Divine Being and now the chant turns up the drives, turns up the fire. You are working more with the fire aspect of the spiritual, the emotional, the desires.

As long as there is some sense of a Creator/Creatrix in an operation, it has a devotional element. There are so many directions and modalities that devotional can go. Devotional can carry in to Shamanism as well as Islam. Devotion is an element that is at the core of almost every religion. The concept -- recognition of something greater and the desire to be with or at-one with -- is used different ways. It is the same concept; just the individual -- mortal -- perceptions and philosophies of what that One may be change.

Devotional may also involve a degree of contemplation of God's Glory.

Devotional mantras are also known as prayer vehicles. Psalms are prayer vehicles. Prayer is a 'heart song' communion from the Created to the Creator. The bible's psalms are very old 'heart songs' to God.

Some 'heart songs' have words and there are others that are wordless. Words give the 'song' a set structure; it can keep you from drifting.

With this devotional application in this toolkit, you are being introduced to the concept of the 'heart song' through a set of mantra/words. You can pick a devotional mantra already established in a world religion or you can develop your own 'heart song' to your perception of the Creator/ix, which may or may not have words.

The 'heart song' music begins in the heart and mind – your intention, not the voice or the words. The heart is singing, guided by your intention -- perception. The voice is only expressing what is in the heart.

One of the nice things about devotional mantras is that they tend to pre-form your intentions automatically.

With the previous mantras and chants, desire was kept at a low volume to little/no strong desires at all. *Applications 9A* and *9B* mantras and chants kept desires singular and low volume, one perception – the chant -- and one desire – do the exercise. When you begin to perform devotional chants, you start turning up the volume of your desire a bit (along with, introducing numerous perceptions). This is the desire for the One ( $D_{TP}$ ), and it is made stronger, more specific, or cultivated.<sup>65</sup>

With this exercise, as with the previous ones, you are using words (or a series of perceptions) as vehicles; they are your one-point focus. You use these word vehicles as vectors for your one point focus.

This application, unlike the previous exercises, you are not only using words where the words do not mean anything, or have very simple meanings. Instead, you are including whole concepts involving perceptions/desires into the words. You are 'pumping' specific concepts through your mind.

You are turning up the volume on desires, and perceptions are increasing. And...you are still doing a one-point focus. For example, one simple devotional is a 'Glory Be'. *Glory be to the Father, Son, and Holy Spirit. Glory be to the Father, Son, and Holy Spirit, etc.*

The author, in teaching this, has found many people have trouble with popular Christianity and a Christian God, due to some bad experiences. Therefore, it is encouraged that you develop your own devotional mantra; something that is already established in a religion or something that fits with your perception of the Divine. Just saying "*Glory be*" can work.

One problem with most existing devotionals is they tend to be long, wordy, and there is a large amount of memory work with them. Like the Rosary beads, or the prayer of St. Francis, or any one of the Psalms. It is usually a long wordy thing. You know, "*Yeah, though I walk through the valley of death, I will fear no evil because God is with me, etc.*"<sup>66</sup>

Or with Hari Krishna which, is done as: "*Hari Krishna, Hari Krishna, Krishna, Krishna, Hari, Hari, Hari Rama, Hari Rama, Rama, Rama, Hari, Hari*". Most devotionals tend to be long and wordy.

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<sup>65</sup> *I AM A I*, Chapter 5, Formula of Effectiveness

<sup>66</sup> 23<sup>rd</sup> Psalm

Whereas, you can also use a one word devotional like Amen -- “*A...men, a...men, a...men, amen, amen...*”<sup>67</sup>. This too can also be useful; and it is relatively easy to remember.

And...as mentioned, traditionally, most existing devotional chants do involve a lot of memory work or use a book as a tool.

*Application 10B* is an example of an exception to this.

Like the other mantras, this chant can be coordinated with breath. This mantra is to be done with the desire at medium or low volume within yourself. It is better to avoid a devotional at a high desire volume, because it can be somewhat counter-productive if perceptions are not ‘one’ or focused on the whole (of which, you are a part). (To be ‘one’, is to unify a number of perceptions into one perception; a perception that is comprehensive or non-exclusive.)

When perceptions start being skewed or divisive and the one desire starts getting at very high volume that is when the individual may start getting into fanaticism.

This is a condition where a person’s perceptions tend to be divisive or exclusive (limiting truth perceived [ $T_p$ ] and truth chosen [ $T_c$ ]). When perceptions and desires are many and at high volume -- without any exercise of choice control -- is a condition where the individual may also enter the psychotic realm. (Which, may not be that far from a being a fanatic.)

*This exercise is:*

- ***You are to get into a comfortable position (but not too comfortable).***
- ***Do a motivational analysis or establish priorities and intention for the next block of time, along with cultivating a disinterested-interest – Application 7B.***
- ***The assignment is for you to use ‘Glory Be’, create your own, or find an existing devotional mantra (Hare Krishna, Lord’s Prayer, a line from the Koran, rosary, Amen etc.).***
- ***Do the chant for 20 minutes. (Or, if you are using beads like a rosary or mala, one round of the beads.)***<sup>67</sup>
- ***Then, sit with what you are feeling afterwards for 2-5 minutes – Application 7B.***
- ***Perhaps, enter how you feel in the workbook.***
- ***Do this on three separate occasions.***

If you do any degree of experimenting, stay with one general action per sitting. Whatever application used, be constant through the whole

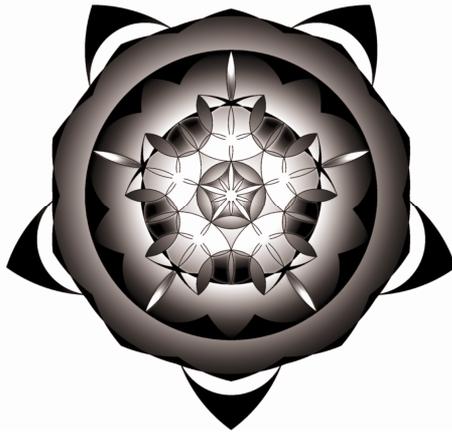
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<sup>67</sup> Rosaries and malas – prayer beads – were the objective time reference used before there were clocks.

exercise. Meaning, do not change from chanting *OM* to *Nam-Myo-Ho-Renge-Kyo* in one sitting.

Additional note: those who have a problem with the Divine or Divine concepts can do a devotional with a reference toward the concept of Oneness, a Unity, the Universe, or the stars. You can also facilitate this exercise using a verse from a love song, any love song you want, as a mantra.<sup>68</sup> The important points of this exercise are: holistic motivation/intention and perception, the breath, the mantras, and everything is focus, focus, focus, focus....you drift, refocus...

Those of you who feel there may be a Divine and you do not know what this Divine is, good. Use this; use the sense within you that there may be *Something Else* and you do not know what that *Something Else* is.



## Application #10A – A Non-action Action

This is a mantra-less silent meditation tool. This application is an extension of the previous exercises and involves the idea of having your one-point focus on an event being no ‘subjective event’ – no thought.

### Exercise 10A -- Empty mind exercises, drawing a blank

Series 9 had you focus on a specific ‘subjective event’ with in your *Perceptual Lens Array*,<sup>69</sup> like a mantra. This particular exercise is to produce a one-point focus  $f(\Delta t)$  on maintaining a no ‘subjective event’

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<sup>68</sup> St. John of the Cross used secular love songs and made them prayer songs towards the Divine.

<sup>69</sup> Figure 4-4, Mortal Mind Matrix, back of book