

Neometaphysical Education

A Series of Letters on Meditation

By

John J Williamson

For the

The Society of Metaphysicians

Contents

Meditation Letter One 3

Meditation Letter Two 4

Meditation Letter Three 6

Meditation Letter Four 9

Meditation Letter Five 11

Meditation Letter One

Dear Member,

As an important step in your own spiritual development it is necessary for you to apply your knowledge of fundamental laws. The extent to which this is possible depends on the amount of energy you have 'free' for use after the daily routines. For most of us this energy is insufficient and we must therefore utilise special techniques to increase our mental sensitivity and all the wondrous experiences and knowledge it can bring.

To use what level of free mental energy one has to the best advantage, it is helpful to diminish all random mental activity and thereby to release the energy that such activity uses. This 'free' energy can then be used simply for *mental* listening or sensing. If you cannot stop thinking or analysing something that may be on your mind, then gentle and non-obtrusive music would help. It is also important to sit in a quiet, accustomed place, free of disturbance. Ensure that you do this for at least twenty minutes each day at the same time.

This freeing of the mind and using the consciousness simply to listen is a progressive exercise and actually aids the development of psychic and mystical abilities in a lower sense these abilities also include radiesthesia and the simple use of the pendulum or divining rod is a part of such 'mental sensing.'

By developing your mental 'listening' ability you are also developing psychic and mystical faculties and, eventually, various psychic phenomena will be experienced. Above all, your personal sensing of the Absolute is steadily enhanced.

I am sure that this simple instruction will open new avenues for you.

Yours most sincerely,
For The Society of Metaphysicians
John J. Williamson

Meditation Letter Two

Dear Member,

Did you try the meditation exercise? The chances are small that you did - so many of us are locked into a daily routine that we have no mental energy left for anything else. We are too depleted to help ourselves! Furthermore our daily priorities are very strong and must be overridden to allow us to engage in new ventures.

Unfortunately this means that the 'enclosure' which locks us into the daily pattern is not challenged and expanded. Yet, the only way to improve one's life and especially the level and use of one's consciousness, is to experience and *integrate more* of the things around us in our minds. The mental energy each of us possesses can be evaluated in the following manner: *Everything* of which we are aware *uses and withholds our mental energy and* reduces that available for exploring new vistas. But a *short period of meditation* wherein we provide an *oasis of peace* can release energy from daily problems and open the roadway ahead.

I am sure that you know of the high failure rate of folks who attend evening classes, undertake a course of instruction or who engage in some activity which adds to the demand on their time and energies: it is estimated at 75%! The importance of diminishing these obstructions to one's desires is paramount: hence these letters about meditation.

At a risk of confusing some members I point out that scientific processes can be *translated* into mental energy ones and give us an accurate understanding of mental phenomena. Using neometaphysical guidance, we can *translate* the process of 'regulation' from electrical science to mental energy study. It transpires that about 98% of the energy of your psyche - the true you - is *locked* in the awareness of all that your mind is trying to evaluate. Each of the five senses also present information to your mind, the data provided by eyesight consuming the most energy. We may estimate that the five senses utilise about 1.5% of the total. So, you will only have that which is left for your free use to analyse, select, explore and to grow spiritually.

This leaves you with 100% less 99.5% or 0.5% for new ventures! Small wonder that most people fail when they try to learn new things or to venture forth into new environments. Yet, because we have so small an amount of 'free' energy it will take very little adjustment to our modes of life to enhance it and open new spiritual ventures.

For those who have sat quietly in an accustomed place with soft music as may be desired and dimmed lighting, you would have experienced an *increase in sensitivity*. Tiny noises would become clearer and separate, physical sensations would be enhanced and more importantly, you will sense the *presence* of others in the room. Each 'presence' being separate from others and recognisable. Even the cat can be located as a little 'ball of consciousness'...

Any new venture *requires* energy. The energy which is *free* for our *conscious* use is limited to a very small amount (estimated at 0.5%) due to psychological stresses and the operation of the physical senses. By isolating ourselves from these stresses we can *release energy* previously withheld from us and *vastly* increase our power *to be aware* of realities presently beyond our normal abilities.

Neometaphysics enables us to enter an infinite world of reality, but there are many 'worlds' created by the inhibitions and limitations of Man. Yet, *any* person, no matter of what belief, can enhance his or her perceptual powers by meditative exercises of this type. As *neometaphysicians*, we would never impose *any* limit or conditions on that which we may later perceive, come to understand and embrace as a part of our own consciousness. The criterion of 'goodness' is to identify with *Absolute* values and to be guided by those laws which we discover to be *universal*.

Do please, establish your meditative routines. Isn't tranquility, understanding and the discovery of the greater wonders of being worth the trouble of a few minutes of special isolation from destructive mental habits?

Yours most sincerely,
For The Society of Metaphysicians
John J. Williamson

Meditation Letter Three

Dear Member,

Providing you have sat quietly in a harmonious place for at least 20 minutes a session, over a period of several weeks, you should have acquired heightened sensitivity and find yourself becoming aware of subtle differences such as soft noises and even perfumes and soft lights in the atmosphere of the room. You will also have gained a greater sensitivity to those around you with an enhanced ability to sense their mental attitudes and emotions. By the way, did you use a *hard back* upright chair for your meditations? Resting and possibly falling asleep in a comfortable armchair is *not* acceptable.

As you have gained an *increase in mental energy* due to the practised relaxation from the daily turmoil, you will now need to become *selective* in accepting or rejecting the new information that comes to you.

We are dealing with the *mechanics* of consciousness itself. The neometaphysics will provide *concise and totally reliable* guidance but unless you have gained a reasonable sense of the *certainty* and value of fundamental laws, you will not yet be able to use your fundamental knowledge, except to gain *simple control* of the processes of disassociation from stress, enhancement of mental energy and the personal experience of greater sensitivity. As with all steps into the 'unknown' with heightened sensitivity, it is important to sustain the examination of your state of mind: prudence is required.

However, 'built into' us, as the consequence of evolution, are defensive reactions; namely, our 'instinctive' acceptance or rejection of various people, situations, mental contacts and so on. We have become *very* sensitive to 'mental' atmospheres and indeed, the degree laws explain the nature of this *protective* sensitivity and also govern our ability to explore and the conditions required for spiritual advancement. If you consider yourself as a 'fact' having an internal set of mental parts seeking equilibrium (included facts) and if you consider yourself to be in a greater environment within which you are inevitably seeking to evolve, then you may take the layman's lessons which deal specifically with the degree laws and thereby gain a *concise view* of your situation.

Without a strong awareness of fundamental laws we can only rely on *instinctive* guides. We must take a leap or at least, a faltering step as an *act of faith*. *With our fundamental knowledge it is no longer a blind leap but one with the confidence gained from the certainty of the validity of Law*. But, what sort of reasoned support can we find to validate the conviction that we can advance spiritually? For as long as we can sense '*something*' greater beyond our present awareness, there will always be an exciting world of knowledge and experience to be gained.

With your enhanced awareness gained from the meditation, you will now be aware of and (because of that awareness) subject to minds, energies and patterns which were previously

inaccessible. This is of inestimable value both in 'transcendental' as well as scientific works. At this stage one must now decide, in the *infinitude* of new possibilities opened, which 'path' you wish to take. It certainly cannot be an 'evil' or destructive and must be, 'good' and in tune with the Absolute.

I will provide you with methods of defence against psychic attack and the exclusion of negative forces in your spiritual exploration. Information to enable you to directing the consciousness to the *solution of specific problems* will later be given. In the meanwhile, do please continue with the use of 'quietude'. Try to *identify your own mind with any other* that you detect - even the cat's - when you are meditating. Don't forget that patterns of energy you will now sense can represent *not only* minds but forces, objects and so on. This identification will lead to *controlled empathy* or oneness at your bidding.

The use of reason derived from facts we have accepted is all that we have to guide us. What sort of reasoning do we mean? Finding *reasons* for doing something means that we may sense a path ahead of us clearly enough to move onwards - hopefully with positive results. We have in fact given a measure of order to the facts we possess and from that order we have gained pathways along which to step forth. We have stated many times that the value of something is the *degree to which it conforms to fundamental laws*. Indeed, we have affirmed that spirituality itself is just that measure – How close to the Absolute can we get? To what extent is our Being, our consciousness, *aligned* to fundamentals?

Using this vital concept, we may remind any source of 'evil' that it is a *part of all else*, including you! As a consequence of this fundamental unity *any* hurt you may sustain *is also* a hurt to its origin - the mind or entity - from which it has come. This makes *sheer nonsense* of any negative or destructive attack on any individual and enables the total isolation of destructive forces from entering and affecting the psyche of the aspirant. So the answer to attack is *love*! This acknowledgement of a common goal and a firm set of laws for all - no matter what their nature or intent. But, whilst this applies to matters of consciousness - an infinitely dimensioned thing - the degree laws inform us that at relative levels it is *not* true. That to try to 'love; a swarm of wasps into goodness is unlikely to stop them stinging.

The best we can do at our physical level and within the mental constraints imposed on us by physical needs, is to *follow the degree laws* of bandwidth and degree coincidence, to obstruct destructive activity and to promote those actions which enhance unity. Perhaps you would like to apply these principles to the matter of Saddam Hussein and war?

Nonetheless, as a *mental* process, the *emotion* of rightness, total inclusion and power of Absolute concepts will always *transcend and include* all else and will correct any deviation in mental projections (psychic intrusion) from negative or ill advanced sources. To develop and sustain that type of Absolute awareness provides a massive protection and source of guidance in a complex world.

The affirmation of the Law of Unity is something like a one way system. Every fact can only advance towards a *greater unity*- even by the reconstruction of its energies into new forms of

greater coherence. It should now be self-evident that we stand at the threshold of new spiritual experiences; that the integrity of one's own psyche is paramount; that intrusion from other sources and the exclusion by us of negative forces are all required.

At this stage one must *choose a path*: do you wish to become psychic and develop the ability to control and direct your psyche? This would involve the more practical use of one's consciousness. The development and application of an enhanced level of sensitivity and of consciousness will result in mediumship, clairvoyance of various types, reincarnation memories, prevision, inspirational writing, psychometry and much else. The only limits in space and time for one's psyche are set by the *degree of evolution* of the psyche.

Do you wish to remain at an esoteric or mystical state and reject the personal path of lower development? Rising above the mundane? In this case you will also develop psychic sensitivity but constrain it within an Absolute and isolated way. Something like a high priest refusing to associate with the lowly!

I believe, from my own experiences, that whilst a sense of the Absolute (mysticism) is essential and opens infinite vistas, that the *practical application* in a constrained world of thought and action, also requires psychic abilities. The *control* of all these matters requiring the *application* of fundamental law is *within* an Absolute 'framework.

I will present various methods of psychic protection, the use of consciousness to gain guidance and other practical matters in a later letter.

Yours most sincerely,
For The Society of Metaphysicians
John J. Williamson

Meditation Letter Four

Dear Member,

The use of reason derived from facts we have accepted is all that we *have to guide us*. What sort of reasoning do we mean? Finding *reasons* for doing something means that we may sense a path ahead of us clearly enough to move onwards - hopefully with positive results. We have given a measure of *order* to the facts we possess and from that order we have been directed to pathways along which we may step forth. It has been stated many times that the *value* of something is the *degree to which it conforms to fundamental laws*. Indeed, we have affirmed that spirituality itself is just that measure. How close to the Absolute can we get? To what extent is our Being, our consciousness, *aligned* to fundamentals?

Using these vital concepts, *you* may remind any source of 'evil' that it is a *part of all else*, including *yourself*! As a consequence of this fundamental unity, *any* hurt you may sustain *is also* a hurt to its origin - the mind or entity - from which it has come. This makes *sheer nonsense* of any negative or destructive attack on any individual and enables the total isolation of destructive forces from entering and affecting the psyche of the aspirant. So the answer to attack is *love*! This is an acknowledgement of a *common* source of being and *of one* firm set of laws for all, no matter what their nature. But, whilst this applies to matters of consciousness - an infinitely dimensioned thing - the degree laws inform us that at relative levels it is *not* true. That to try to 'love' a swarm of wasps into goodness is unlikely to stop them stinging. The best we can do at our physical level and within the mental constraints imposed on us by physical needs, is to *follow the degree laws* of bandwidth and degree coincidence and thereby to obstruct destructive activity and to promote those actions which enhance unity.

Nonetheless, as a *mental* process, the *emotion* of rightness, total inclusion and power of Absolute concepts will always *transcend and include* all else and will correct any deviation in mental projections from disruptive and negative sources. To develop and sustain a measure of Absolute awareness provides *massive protection and guidance* in a complex world.

The function of the Law of Unity, through the influence of the Law of Equilibrium, is something like a *one way* system. Every fact can *only* advance towards a *greater unity*; even by the *reconstitution of its energies into new forms of greater coherence*. It should now be self-evident that we always stand at the threshold of new spiritual experiences; that the integrity of one's own psyche is paramount; that intrusion from other sources and the exclusion of negative forces are all required. That at high degree levels (higher dimensionality) the reaction of facts together is much more rapid than on the lower levels. What is but a moment 'above' may be centuries 'below'. A Law remains Law at all levels but the speed of action depends on the number of differences of state it has to correct. At this stage one must *choose a path*! Do you wish to become psychic and develop the ability to control and direct your psyche? This would involve the more *practical* use of one's consciousness. The development and application of an

enhanced level of sensitivity and of *consciousness* will result in mediumship, clairvoyance of various types, reincarnation memories, prevision, inspirational writing, psychometry and much else. The only limits in space and time for one's psyche are set by the *degree of evolution* of your psyche.

Do you wish to remain at an esoteric or mystical state and reject the personal path of lower development: to rise above the mundane? In this case you will develop mystical sensitivity but constrain it within an Absolute and in an isolated way. Something like a high priest refusing to associate with the lowly! There is no way you can unify with others by become aloof!

For the scientist who needs to perceive *beyond* his present knowledge, I have used the projection of *patterns of desire*, the *pulsing* of energy and the reduction of data to terms which conform to the present level of science. (see a previous report in the Digest concerning the practical use of 'intuition' to gain technical data for a self-evolving robotic brain!).

I believe, from my own experiences, that whilst a sense of the Absolute (mysticism) is *essential* and opens infinite vistas for us, that the *practical application* in a *constrained* world of thought and action, also requires psychic or intuitive abilities. The *control* of all these matters demands the *application* of fundamental law *within* an Absolute 'framework. I will present various methods of using the enhanced consciousness in future letters.

Yours most sincerely,
For The Society of Metaphysicians
John J. Williamson

Meditation Letter Five

Dear Member,

As with savings in the bank- how can we *best* use such an asset? Especially when, instead of money, it is *freed mental energy* to be applied according to the *desires* of its owner?

With knowledge of neometaphysics and its concise presentation of fundamental laws, I would chose to *enhance that knowledge* by meditating on *each fundamental principle*. Thereby; I would reduce the conflicts in my mind and *not only* save mental energy *but also* gain *more* accurate directives for its use. I am certain that any deeper perception of the reality of any fundamental law brings 'instinctive' application of that law in the evaluation and application of one's affairs. For example: *equilibrium* as an Absolute principle will always guarantee that *any* action will create a balancing reaction elsewhere in *some* manner. With the *certain* knowledge that this is so, we would *always* evaluate any action to discover - if we can - its consequences. Our decision will then take into account, and not ignore, the consequences of *anything* we do.

It is simple to realise that the fundamental laws will function not only through our own consciousness but also through our environment. The location (dimensional) of your consciousness will move between your normal state and that from which you wish to gain new experience your knowledge of fundamentals will then establish awareness and usable understanding of the path ahead.

Several years ago, Eleanor (our then Secretary and a qualified Member) and I, sought to present meditation on *each* fundamental law. These special lessons were designed to acquaint the student with the mental pattern (the 'perfume of the mind') of each law and thereby, to make its recognition instinctive as well as logical. In this way the vital *empathetic knowledge* of Law would be gained.

Evidently, whilst seeking new experience you must *not inhibit it*. Our insistence on impartiality avoids this psychological rejection of new data. . Later, *after* you have gained new information, you may do what you will with it - the choice is yours!

The optimum use of one's free energy is gained by meditating on *fundamentals*, but it is not necessarily your *emotional* 'best'. Most of us have some *immediate* need and the long term wait does not appeal to us. Nonetheless, *any* improved awareness and use of fundamental laws must alleviate the difficulties which you may wish to resolve.

Enhanced consciousness opens up many powerful techniques to solve problems but there are *basic requirements* to utilise freed mental energy.

- *First*: the search for an answer to anything requires the desire to know. The greater the desire the greater the result!

- *Second*: learn to 'listen' mentally, without any form of prejudice which will enhance or reject data. Academics beware!

A 'radar' technique directed us to a method of enhancing the effects of one's mind. In the early years of the Second World War, it was almost impossible to generate sufficient power of high frequency energy for the development of radar. Later the invention of the magnetron solved this. But in those older days of thermionic valves, instead of modern day transistors and chips, the maximum current for a normal valve was about 15 milliamperes. To use a valve safely at a higher power relied upon the *length of time* the excess current could flow before the valve was destroyed. If during that time, a surge of power was applied, a pulse of energy, *exceeding* the normal rating, would be gained. Thus, by using a *brief* burst of high energy, a small amount of power could achieve the results of a much higher level. The fundamentals of *energy and time* remain true for mental energy as well as for all other types. You can create effects *far beyond* the normal by throwing all your energy into *perception* for a short period of time.

The *motive force of desire* and the transmission of a *concisely viewed* need will result in perceiving the answer - but not necessarily in an immediately understandable and usable way. The solution may well be beyond our present knowledge and intellect and requires breaking down into its components. We can then utilise them to reconstruct the whole. Time, as Einstein did *not* realise, is an *Absolute* process and not merely sidereal.

Upon desiring to know a clearly defined matter, you will become aware of the formation of a 'cloud' in the distance. You *know* that it is the response to your request but cannot evaluate its structure. Sustaining the desire will bring the 'answer-cloud' 'closer', whereupon it will begin to break up into lesser parts, each of which matches areas of expertise within you. However, if you take your awareness away from the *total* 'cloud', you will lose it. The *one unit* which is the total answer is that 'cloud'! The 'radar' technique enables you to flash a bright but brief light of perception onto *one* of the parts and then to resume the wider experience before it is lost. . This is done with each part until the complete structure of the 'cloud' has been identified. You may finish the exercise, knowing that within your memory is the complete answer required.

So much for the 'Hi-Tec' for those who cannot make any sense of this functional description, I humbly proffer the following:-

- Do you ever ask for guidance?
- Do you believe that you can open your mind and listen for an answer?
- Is it not possible that you do these things anyway, whether or not you are conscious of so doing?
- Can you ask someone, something or perhaps your God, for aid and find that an encouraging 'yes' or a low tone 'no' comes into your mind?
- Do you reach out and sense intelligence greater than your own and humbly *link with it*?
- Can you look out into the night sky and go - in spirit - to the *far reaches* of the Cosmos?
- Can you lie on a quiet beach and, looking out to sea, feel a link with *all* that the sea embraces?

If you do *any* of these things, then the Absolute sense of *total* rightness and freedom is before you. I will endeavour to describe other uses of *free* mental energy in future letters.

Thank you for your patience and endeavour in reading this.

Yours most sincerely,
For The Society of Metaphysicians
John J. Williamson