

## The present time requires a specific meditation.

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(Translated Lisa Winchester)

For meditation, a specific exercise activity filled with thought content can be chosen, or a non-specific, purely calming orientation that strives more for the goal of emptying and freeing from all intellectual and emotional influences. Today, the term meditation often means a kind of relaxation exercise and sometimes uses music or given word formulas, so that the mind can find peace. Between relaxation, concentration building and meditation must, however, a careful differentiation be made, because if this is missing, the individual actually only goes into a kind of comfortable inner spectrum of their previous unconscious body-soul relationship. A real expansion of consciousness with spiritual possibilities one can not experience without a concrete, chosen thought content.

The meditation proposed here is, therefore, based on carefully considered thought content. They are spiritually evident thoughts contents, not intellectual, quickly chosen guiding principles. Meditation becomes representational and objectively related to the thought. A becoming free from all subjective unrest, emotional moods and collective suggestions should and must be increasingly aspired to as one develops a concentration on one thought, because the goal of this objective meditation leads to an intensive creation of real spiritual content.

### The following sentences can serve as a meditation content:

‘The human being is gifted with logical, independent thinking. Reasoning<sup>1</sup> as a capacity, in opposition to fear and instinct, is its essential characteristic. According to the possibilities of an object-related, fearless and reasoned oriented thinking I observe the human being. That dimension, which finds its human expression in a reasoned and objective logical thinking is a small representation of the worlds’ logo or worlds’ cosmic reason. It appears like a sun in greenish tones in the aura.

It is unreasonable if one imposes a vaccination on humanity, whose effects have not been assessed and whose effectiveness seems questionable. A complete voluntariness, without restriction and classifying disadvantages for those who refuse the vaccination, is urgently needed to maintain civil peace. Human being-ness supported by reason will prevail and not non-human being-ness with its grotesque appearance of unreason. ”<sup>2 3</sup>

### Meditation creates power when it is performed in pure and free thought

The secret of meditation lies in the purity of its content and in how it is thought and represented with certainty. The thought in purity is like a sun, which by itself, without influence from outside, sends out warmth and light. This ideal corresponds to that dimension, which one in yoga labels with the so called term *buddhi*<sup>4</sup>, a higher wisdom and intelligence. The thought or content of thought shines in full conscious wisdom without unsettling distractions, irritations, and emotionally bound desires. It comes to being, to a given, real and thought reality, of the present and thus of reality. The human being lifts up the thought content to pure, free availability and effective radiance. <sup>5</sup>



*Meditation should not take place in self-absorption.*



*You need a concrete thought content.*



*In traditional images of meditation the thought level is still visible in free availability.*

The pure and effective meditation content, which leads to a successful radiance can be more easily understood if one studies an opposite or, so to speak, unsuccessful form of meditation and learns to eliminate it through wisdom. Sentences like the following cannot achieve a successful radiance, because they are tainted through the fixed will component and its emotional attachment.

*'I want people to come to their senses and to stop vaccinating.'*

This sentence is tainted through the emotionally bound and ultimately vain will of the ego. Although it is a natural reaction of the human consciousness, to create a corrective opposition in foolish actions, it resorts nethertheless, all to quickly into the polarisation through intellectual opinions, and thus into a kind of emotional entanglement. This consciousness is captured, very strongly, by non-thought and bound experience, as well as by willful instincts and tends also to one-sidedness. At the same time, a very strong arrogance is visible in this sentence, as it leads one's own self into a higher and better position than that of the other. As one says 'I want...' so they fix the will and as one says '...that the human being comes to reason ...', so one resorts to a better and vain position and as one says that the human being allows the vaccination, so one puts it, that it is fundamentally bad, so one becomes moralizing or instructive.

The sentence 'the human being is gifted with logical, independent thinking' is free from willful grasping. One takes the human being as a true spiritual creation and remains free from emotion. The following part of the meditation content is also free from fear and wilful grasping, it shows on the other hand just a picture of the possible seeing:

'It is unreasonable to impose a vaccination on humanity, whose effects have not been assessed and whose effectiveness seems questionable.'

### **The differentiation between pure thinking and willful or emotional access is very important for meditation**

Another sentence, which is said very often today and which explains a typical fixation of the will without really raised and clearly ordered pure thinking, is the following: 'I take part in the demonstration, because I want to wake people up.' What a vain and arrogant position lies hidden in this sentence with regard to the others, which if one carefully analyzes the words, are secretly positioned, so that they don't seem to recognize reality. Meditation must be free from judgments and positions. The content must show a reality that is completely free from the personal. The following well-known sentence from the Sermon on the Mount shows the relationship of the unconscious arrested will, which prevents objective thinking and far-reaching perception:

'Or how can you say to your brother: Stop, I want to pull the splinter out of your eye, and see, is there a log in your eye? You hypocrite, take the log out of your eye first; then see how you pull the splinter out of your brother's eye!' (Matthew 7: 4-5)

As long as the will instincts dominate people with personal emotions, they wear in the best and figurative sense, a kind of darkening in their consciousness and the eyes perhaps cling to the faults of the others. The relationship from person to person, however, still remains in the dark. The real positions are shadowed and the will impulse, which holds back ones own possible position of the consciousness, prevents the spiritual effectiveness. For this reason, people cannot meditate, because they want something in the wrong place and in this way hold captive the actual object of will, that is, the object of meditation, the clear thought content.



*From the splinter and from the log, by Domenico Fetti*

The one who discovers the mistakes of the time with a clear conscience, remains in the sense of a spiritual position, precisely through the log that they still carry in their eye, like without being or without a permanent and stable center in the self. It is founded too much in the earthly and not in a spiritual thought-content. For this reason, the position of Gospels should not appear as a moralizing evaluation, which basically wants to deny individual people the right to make corrections, but rather admonishes and marks the will relationships in the inner structure. The log in the eye shows pictorially the impossibility, that the individual cannot correct his fellow man at all without a greater, overriding, freer and purer view. It's a kind of karmic reality, which arises through the involvement of the intellect with the willful instincts and, therefore, does not allow pure thought being into the consciousness. Meditation requires, therefore, certainty, confidence and a complete clarity to one thought. After a certain amount of time the practitioner experiences with certainty, that the thought content, which they think free of willful grasping and rising emotions, expresses a real reality and this actually creates a warming light over their head, and beyond, for their fellow human beings.

What power lives in this generated spiritual reality? As a rule man only takes the visible forces of the world as realities and only believes to a very limited extent in those spiritual, subtle radiant forces of thought. These, however, would be the most essential creative forces, because they carry a life and a very enduring being in their center. In comparison, a person who has trained a very good muscle strength only carries a force into their actions for a temporary period of time and can only make this effective in the specific form in which they are active. The radiance of thought, in contrast, allows the resurrection of a sun-like consciousness and not only the one who generates it experiences the finest changes in space, but also their fellow human beings soon notice a subtle light of truth and a subsequent subtle feeling for truth.

When one thinks of the human being, that they should come to reason, one thinks of it from the will and to a certain extent puts a pressure on them. If one, however, observes them and, accompanied with the silent thought that they are a creature gifted with reason, one leaves them free and experiences them with their opposition in a fine light of truth. The spiritual world, if you observe it as a great, overarching whole, enjoys this activity.

### **A practical basis for meditation**

The thought content of meditation must be taken literally, for according to the mental inclinations one does not study them objectively enough and is, therefore, prone to inaccuracies and finally, emotional reviews. At best one can learn to memorise the sentences of meditation, so that they are available not just for ten minutes of an exercise, but throughout the day.

It may be a good idea to do a meditation like this at a certain time, for example, 9 o'clock in the evening. A greater implementation of forces could take place if many people align themselves to this thought and even, at the same time, bring forth with punctual concentration intensive thinking. For a successful meditation ability, the practitioner should in any case bring forth the distinction, whether the thought is thought of in purity and sun-like availability, or whether emotions and secret willful grasping's are reflected in it. You could, for example, ask the counter question and say to yourself: 'It is reasonable that all people are vaccinated then there would be no more corona infection'.<sup>7</sup> The practitioner, however, lets this sentence, as it is, work on them for some time. With persistent analysis they will inevitably notice, that it is not a really considered and objectively valid thought, but its about an act of will motivated by fear.

Very often thoughts appear, which at first glance appear very reasonable and even appear very human, morally pleasant. They must however, by the one who meditates, be carefully checked. In unseen ways, fear creeps up into the consciousness from the vegetative zones of organic human existence, and secretly seizes reason. The fears, which develop from suggestions, take paths, which creep along as quietly as cats on the twilight paths of the hunt, choosing their victim. Human reason is the victim, and because this has already occurred, the corona epidemic can unfold endlessly in many pictures.

It is, therefore, in no way reasonable to say, that all people must become vaccinated. In the consciousness, which must be formed out of objective thoughts, unreason has already crept in, in the sense of a fear instinct. Exactly for this reason, the capacity for the conscious power of reason is lacking, the willful desire with its fear-emotions can use reason and overthrow it. Pictorially one can say, the dragon has won the

upper hand.

If objective thoughts carry a pure and natural charisma, better and more dignified relationship conditions will arise among people. The difference is very great, whether one regards one's fellow human beings as unreasonable, insane, foolish or ignorant, or whether one very naturally in conversation, in the silence of their soul, awards them a whole being and despite all their shortcomings assigns to all, the predicate of reason. Not as a person appears in the moment of crisis, one should perceive them, but just as they, in the best sense of their original disposition and their education, that which they actually wants to be or can be, should be thought of in the stillness. Missionary grasping or knowing-better corrections must be held back for this meditation path.

### Notes

1. *Modern definition of reason: "The intellectual ability to recognize, judge and oversee relationships and to behave appropriately and appropriately."*

#### DWDS

*Etymological interpretation of the concept of reason: The noun Old High German firnumft (9th century), "activity of hearing, hearing, understanding, sensual perception, understanding, insight, cleverness", is an abstract formation of the prefix verb perceive in its old meaning "To grasp, understand", means "the right apprehension, understanding, perception." DWDS*

2. *"For every moral judgment (including religion) man needs reason and cannot rely on rules and established customs." Immanuel Kant, Anthropology in pragmatic terms, editor Karl Vorländer, p. 111*

3. *"The laws which take care of the formation of the higher organs of the spirit are none other than the healthy laws of reason and moral of the physical world. As the child matures in the womb, so does the spiritual man in the physical self. The child's health depends on the normal effectiveness of the laws of nature in the womb. The health of the spiritual man is conditioned in the same way by the laws of the ordinary understanding and the reason at work in physical life. No one can give birth to a healthy higher self who does not live and think healthy in the physical world. Life in accordance with nature and reason are the basis of all true spiritual development. " Rudolf Steiner, How to Knowledge of the Higher Worlds, GA 10, p. 155*

4. *Buddhi is one of the three levels of mental consciousness manas, buddhi and atman. In general one can speak of buddhi when the mind penetrates to deeper perceptions and sensations and recognizes real connections. Buddhi is not based on spontaneous suggestions that are rooted in the consciousness without connections, but on comprehensive, integral knowledge that does not stand on its own. In general, it is already a very high level of knowledge and it exceeds ordinary, rational thinking.*

5. *'In general, buddhi forms the already developed thinking with discernment, judgment, deeply founded intelligence and opens up insights into the spiritual world. It is a limb in human developed consciousness on the path to spiritual integrity and perfection. While manas represents the upper and first instrument of consciousness, buddhi forms the next level and, with its deeply founded judgment, conquers the human subtle feeling potential. There would, therefore, be no sufficient explanation for the term if one were to ascribe this stage, which today is often translated as reason, only to the intellect, because the discriminating intelligence, which is expressed in the course of the various stages of spiritual development, not only moves in the mind, but also descends deep into the mind and the feeling life. The discriminating intelligence is witnessed by the one who knows the deeply founded feelings of truth and unclouded perceptions of truth in their solid inner.' Heinz Grill, Die 7 Lebensjahrsiebs und die 7 Chakras, Synergia-Verlag, pp. 196-198 (The 7 year life cycles and the 7 chakra)*

6. *Another example: The words of the doctor Winfried Stöcker, who developed an antigen vaccine, appear different and relatively powerful.*

*For example, he says in an interview: 'When danger threatens and 100,000 human lives are threatened, one must not measure against the standards that were used in the past...If you have laws like this that prevent you from getting a vaccine for this dangerous epidemic quickly enough at the right time, then you should put*

*a new law in place immediately to make that possible... You (Paul Ehrlich Institute) disregarded the doctor's right that I can treat my patients as I want and that they cannot interfere. I also did not put any drugs on the market, I only intended to carry out a study.'*  
*Stern- TV*

*7. In a similar way, based on the inner will conditions, can the sentence of the Federal President Frank Walter Steinmeier also be examined: 'Vaccination is the most important step on our way out of the pandemic. So take advantage of the opportunities. Take part!' AFP Germany*