

WHY A SPIRITUAL IDEAL

“Our ideals are ever present: they are either consciously or unconsciously the bases for the motivating forces in our lives.” Edgar Cayce

“Mind is the Builder, Body is the Result”

When we begin to work with any form of meditation it is vitally important that we align with a high Ideal. The goal of meditation is awakening within the conscious mind the awareness of our oneness with God. Thus union with our creator, which is our birthright. Meditation is a setting aside of our conscious everyday self and attuning to our deeper Spiritual Nature and attuning that part of our being to the infinite.

“The first stage of the meditative process is the effort to awaken within the conscious mind an awareness that corresponds to the superconscious. Our awareness of our oneness with God has always existed as a pattern within the superconscious. In the first stage of meditation, we focus our attention on the spirit of a symbol (such as the words of an affirmation) so as to awaken within the physical, conscious mind that same awareness. This is precisely what we do in prayer: awaken and attune the conscious mind to the divine within. If we cannot pray effectively, if we cannot awaken within the physical consciousness this sense of our highest ideal, then we cannot move to the second stage of the meditative process.

Because we have aspects of self that seek self, the Ideal serves as a safeguard and as our North Star. It becomes our beacon, our guide.

“If we set our ideal in spiritual principles, we have a source of inner direction that is stronger than any outside influence. It is not that we refuse to listen to the ideas of others, but that our final decisions in life are based upon a standard that comes from within. The ideal becomes a measuring stick by which we are able to determine how we want to focus our energy and attention (physically, mentally, and emotionally).”

It is our gift to be free from bondage and fear. Because we often pray for freedom and liberation from the place of bondage and fear our prayers are not heard. When we release and forgive that which binds us from freedom and release and forgive that which binds us from freedom and truth, and we pray from the 'I Am,' then our life is lived from that Ideal. From that Knowing that God and I are One. Then we become co-creators in our life. What a magical experience to live as co-creators within our life. Our prayers are heard. And our hearts are liberated. We then live our life with a divine and noble cause. Living our purpose and meeting our potential. Some examples of the Highest Ideal:

- 1 To be as aware of God as of Self
- 2 To Love and Serve God with all of thy Heart
- 3 To know that God and I are One
- 4 To make manifest the love of God and man
- 5 Spiritual Oneness
- 6 To be Closer to God
- 7 Awaken the Christ
- 8 To obtain the highest spiritual awakening meant for this lifetime
- 9 To be aware of the Source of All that is

The ultimate Ideal is the purpose of which you meditate, the highest spiritual attunement possible for where you are in your spiritual development right now. The ultimate Ideal is needed, as we become aware of conscious and unconscious aspects of the mind. The mind is the builder and the ideal is needed to create a pattern for the energy that is awakened in meditation to flow through. Why is this important? The ideal held in the mind and heart of the individual determines what the unconscious will unload.” (Edgar Cayce)

We often do not even know what ideals we hold in our unconscious mind. We know, that the point where the conscious mind, the movement of energy and breath meet,

if there is not an ideal governing this, what the individual is thinking will manifest. That is why ideal must be present. If there is no focus this creates imbalance within the individual.

Reading 2475-1: “As the individual began to apply the ideal to their life, profound changes occurred.” The ultimate ideal can often feel unreachable when those parts of ourselves surface in our life that create limitation, pain fragmentation, and separation and suffering. When for example, the judgmental part of ourselves surfaces and we are unable to shift it we need a tool to apply to the situation that is reachable, workable, and applicable. This is what we must call the personal ideal. To obtain the higher ideal we must develop attributes of the ideal. The personal ideal becomes a stepping stone toward the higher ideal. The personal ideal is an attribute of a spiritual value that needs to be developed.

The personal ideal becomes a tool to meet ourselves in our lives. The use of the ideal can be for anyone at any level in one’s process. It can also enhance existing self-growth and a meditation program.

“Each individual entity, whether aware of same or not, sets before self an ideal in the material, in the mental world, in the spiritual world.” (Edgar Cayce Reading 1011-1)

Ultimate Ideal

To Love and Serve God

Personal Ideal (Spiritual Ideal)

Non-judgment

Mental Attitude

“What attitudes could I be holding in mind toward this part of my life that would tend to awaken a sense of my spiritual ideal? (mental ideals).”

Acceptance, self-acceptance, allowing,

Physical Activity

“What activities could I be doing in this part of my life that would tend to awaken a sense of my spiritual ideal? (Physical ideals).”

Accepting of this person, giving them space to be who they are, finding something I like about them, extending support in a way I am comfortable with.

The Use of the Kriyas

“Relaxation ~ Awareness ~ Allowing ~ Breath ~ Willingness”

The Kriyas are a mindfulness system that when utilized can create integration. How are the Kriyas useful in our daily lives and as a support of working with the ideal? The Kriyas are universal in nature. You will see them in any form of meditation. They are what activate the witness mind. For example, within our yoga practice and within the breath meditation, sensation will surface in our body. When we become “Aware” of sensation in our body, or we are experiencing feelings and we apply the kriyas to the sensation and feeling, the result is integration of the phenomena. Phenomena in meditation can be: feelings, mental resistance, itching, thoughts, sometimes very consistent thought patterns, discomfort in the body – this could be in mental, physical, or emotional bodies. We simply allow ALL sensation to flow through us without becoming attached or associated with them. Sometimes this can be overwhelming. As we work with applying the Kriyas we access the witness and the integration of what is happening will be experienced - usually by a feeling of expansion and a sense of peace.

As we master this on the mat, we then take it to our life. O.K., here I am again, with an intense feeling in reaction toward a situation in my life – what do I do differently? I apply the ideal and then the Kriyas. I know I am working non-judgment and I am feeling very JUDGMENTAL! And then I judge myself for NOT being able to meet my ideal. I am a failure. No, this is not the case. Remember that we meet ourselves in our lives. We apply the Kriyas. Here is that part of myself that is judgmental. I allow it to be there without judgment. I give it space and permission to be there. I relax into it and try not to figure it out. I Breathe. I am willing to feel the feelings. In this simple process we release ourselves from the pattern and we begin to experience the organic state of non-judgment. Remember, “Meditation is the emptying of ourselves of all that hinders the Creative Forces from rising along the natural channels of our physical bodies...” “The energies that can be awakened in meditation are very powerful: and, as symbolized in the two-edged sword, these energies can be used for constructive or destructive purposes. Through our preparations for meditation we cleanse and attune the conscious mind and the physical body, making it possible for the energies to heal and uplift consciousness.”

When we work with the breath along with an ideal, the potential for the opposite to surface is high. The breath is the purifier. It cleanses the physical, mental, and emotional bodies. It is like electricity, as it moves through the bodies and brings to the surface lower vibrations to a higher vibration, there is a shift in energy level within the bodies to a higher level. When working with an ideal, we only bring into the bodies the amount of energy appropriate to where the individual is in their process. It is not about opening Pandora’s box. There is an order of approach to the divine. “We don’t leap directly into the superconscious when we meditate, any more than the entrance to the

temple opened directly into the holy of holies. In the words of *The Secret of the Golden Flower*, “One must not wish to leap over everything and penetrate directly.” We must first pass through the outer court and the holy place within ourselves (the physical conscious mind and the subconscious mind), cleansing and letting go of attitudes and behaviors in those areas that would keep us from contacting that highest sense of life within.”

If we are working with compassion as our personal ideal, then the aspect of ourselves that is uncompassionate will come to the surface in order for the ideal to be met - for the true state of compassion to be experienced. Then comes the opportunity to meet ourselves in our lives. For example, we had a yoga session and breath meditation. We cleansed. Now we go into our life feeling compassionate. All of a sudden we draw in lots of uncompassionate people. We feel uncompassionate! This is the opportunity to meet it. Meditation is about awareness. It will absolutely expand our awareness of how we operate! That is the incredible gift of meditation. As we become aware of these aspects of self the opportunity will arise to transform it. To flesh it out. To make it real. We will want to turn away from it as we often want to turn away from feelings. Don't. Stay with it and apply the kriyas. Through breathwork and yoga we move energy through the chakra system. The chakra system is what connects the physical and spiritual. This is how the spiritual can be accessed and brought into the physical. As the chakras are cleansed, the opportunity to bring spirit into our life is available. It is a moment-to-moment process. It does not happen just on the mat. We bring it to our life. We meet ourselves in our life. The ideal and the Kriyas help us continue our practice to support integration of what is brought up within our practice. I encourage you to deepen your practice of this in your life. It will deeply transform your experience to one of joy and

happiness!

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Recommended Reading:

The Secret of the Golden Flower, New Translation by Thomas Cleary

Experiments in a Search for God, by Mark Thurston

Dance of Breath, by Kathleen Barratt