



## Lesson 16:

### Tune into Wholeness with Superconscious Meditation

*The most useful thing you can do to assure inner growth, spiritual awareness and an improved relationship with your world is to meditate, correctly, on a regular schedule. If you will do this, you will learn to experience the deep silence and [you will] rest at the very seat of power and creativity.* –Roy Eugene Davis<sup>1</sup>

When we look at our spiritual toolkit for thriving, the most important skill and practice for us to know and use is the regular practice of superconscious meditation. That is why meditation is offered as the third practice in this yearlong program. After opening our hearts and minds with chanting the Gayatri Mantra, then using our creative imagination to envision a thriving life, we began to build the foundation of a steady practice of superconscious meditation.

There are many benefits of a daily meditation practice. In this lesson, we'll explore how several of those benefits directly relate to our experience of an abundant, fulfilled life. What follows is four ways to consider the connection between meditation and thriving. We always do better with achieving our goal if we have a vision that includes why we desire it and a specific action or practice that ties our achievement to a new, life-enhancing habit. The daily habit of meditation readily contributes to our overall well-being. It also specifically supports these four manifestations of wealth or abundance: 1. The direct experience of wholeness; 2. Clarification of discernment; 3. Expansion of health awareness; and 4. Improvement of relationship skills.

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<sup>1</sup> Roy Eugene Davis, *How You Can Use the Technique of Creative Imagination* (Lakemont, Georgia: CSA Press, 1988), 59.



## The Direct Experience of Wholeness

While there are many forms of meditation one can practice, superconscious meditation is specifically focused on opening to higher states of consciousness beyond thought or emotion. According to the teachings of yoga philosophy, what we are as spiritual beings is supreme consciousness itself. It is that essential spiritual nature that illumines the mind. With superconscious meditation, our goal is to allow our attention and awareness to consciously abide in our essence--the absolute (unchanging) truth of our being rather than float about in the mental field.

The tools that we use—whether it is mantra, breath awareness, listening to inner sound, or contemplating inner light—are all simply points of concentration to facilitate steady flow of attention and awareness. When our attention begins to flow steadily to a single point of focus, our awareness naturally expands into meditation. Once attention becomes steady in meditation, it naturally emerges into superconsciousness beyond thought or other changes in the mental field.

The experience of meditation not only calms the mind, it allows our awareness to expand beyond the limits of the mind. We then experience our unbounded divine Self. We naturally feel whole as we abide in the absolute fullness of our spiritual nature. This experience of our essential fullness is the “touchstone” of prosperity. We know through this direct experience that we are whole, that nothing external is needed to improve what we are inherently. This knowing allows us to engage in life from the perspective of wholeness. We already thrive. We already prosper. We then bring that consciousness to all that we think and do. Without meditation, that is much more difficult to pull off because we tend to operate from a lower level of awareness. We easily get off base, thinking that something external will make us whole. Regular meditation helps us avoid that big mistake.



## Clarification of Discernment

A steady meditation practice not only facilitates the direct experience of the divine Self and our inherent wholeness, it also illumines the mental field itself. It purifies and clarifies the mind. Even if we do not experience that much calmness or mental quietude during meditation itself, that process of purifying the mind is still progressing.

The mind is purified by meditation in two ways. First, it is illumined by the direct experience of Self-knowing. From the meditation experience, we can discern that we are not the mind or the contents of the mind. We can observe that, so we recognize we are not that. We are instead the Observer, the Seer. This insight brings more clarity to the mental field because it loosens our grip on identifying with the mind and its processes. The other way the mind is purified by meditation is through the restraint of its movement through concentration and the support of divine grace. The mind becomes quieter.

When there is less modification in the mental field, less “chatter” arising in the thinking mind, the faculty of discernment becomes more readily available. Many of us have experienced trying to solve a problem by thinking about it, then thinking about it some more! Then we go and do something else—take a shower, or a walk, or dance. Then a clear insight arises as if out of the blue. It is not from “the blue.” It is from our faculty of discernment or intuition. Once the mind is calm, insight can arise. Meditation helps this happen more predictably and readily. We experience a great abundance of wisdom.

## Expansion of Health Awareness

In the same way that a purified mental field helps us access our discernment, it allows us to perceive a greater connection to both our prana—the energy that enlivens the body and mind—and the body itself with its intelligence. It’s not uncommon to be so distracted and disengaged from energetic and bodily-felt awareness that we miss important signals. We might have become



accustomed to not paying attention to those signals, thinking they are not as important as they truly are. Health is an essential form of wealth. Without health, it can be difficult to enjoy other forms of wealth.

With strengthening our ability to observe and attend to awareness, we notice signals arising from the body—sometimes something as simple as true hunger or thirst. Or, with time and practice, we become more aware of subtle changes of mood, emotion, or energy that are affecting us. Our ability to notice those signals allows us to make healthy choices, stay in tune with the body's natural rhythms, and remain current with our emotions and felt experience of life. When we don't have the skills or the awareness to attend to those bodily-felt signals and ignore them, it can compromise our health and well-being. Meditation allows us to tend to our body temple and engage in actions that contribute to greater health and well-being.

## Improvement of Relationship Skills

Relationships are, in a sense, our larger body. Our ability to relate skillfully requires us to attend to signals arising within us and between us as we engage with others. With the skill of meditation, we become more apt at observing what is arising. Are we feeling frustrated? Compassionate? Offended? Supported? Do we desire more space? Want to be closer? Noticing all those signals comes before skillful communication. When we are self-aware, our intention, what we feel, what we say, and what we do, line up. We can act with integrity and our relationships are strengthened by that.

We become more patient with ourselves and with others. The skill learned in meditation to simply observe and allow thoughts and feelings to arise and pass away is transferrable to relationships. We know we can observe and wait with awareness. We can be as curious and compassionately detached in relationship as we are in meditation. This is not a lack of caring. It is profound interest in the process itself. Inquire. What am I feeling? What do I think is happening



here? Notice. This puts a damper on reactive mind and gives more space for compassion and understanding to arise. That helps any relationship.

Consider how your meditation practice supports these four manifestations of wealth by connecting them to specific experiences. A good part of growing in abundance is enhancing our experience of it by noticing it. What is your wealth of wholeness? Your wealth of wisdom? Your wealth of health? And your wealth of relationships? We can invest in these and other forms of wealth as we meditate more deeply and reflect on how our steady practice of meditation is making so many areas of our life golden—profoundly valuable, shining with the rich luminosity of the Self.

