

A silhouette of a person with long hair, sitting in a meditative pose (lotus or similar) on a dark surface, possibly a beach or shore. The person is facing away from the camera, looking towards a bright sunset or sunrise over a range of mountains. The sky is a gradient of warm colors, from dark at the top to bright yellow and orange near the horizon. The sun is a large, glowing orb positioned directly behind the person's head, creating a halo effect.

Freedom in Times of Suffering

Meditations for Radical Spiritual Transformation



“In life, the only thing of importance is a radical, total and definitive change. The rest, frankly, is of no importance at all.”

—Samael Aun Weor, *The Great Rebellion*

“Gnosis is lived upon facts, withers away
in abstractions, and is difficult to find
even in the noblest of thoughts.”

—Samael Aun Weor,

The Revolution of the Dialectic

“There is the need to liberate the mind
from every type of school, religion, sect,
political party, concept of mother
country, flag, prejudice, desire, and fear.
There is the need to liberate the mind
from the process of rationalization. There
is the need to change the process of
rationalization for comprehension.”

—Samael Aun Weor, *Igneous Rose*



The Stages of Meditation

1. Yama (restraint)
2. Niyama (precept)
3. Asana (posture)
4. Pranayama (energy)
5. Pratyahara (withdrawal)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (ecstasy)



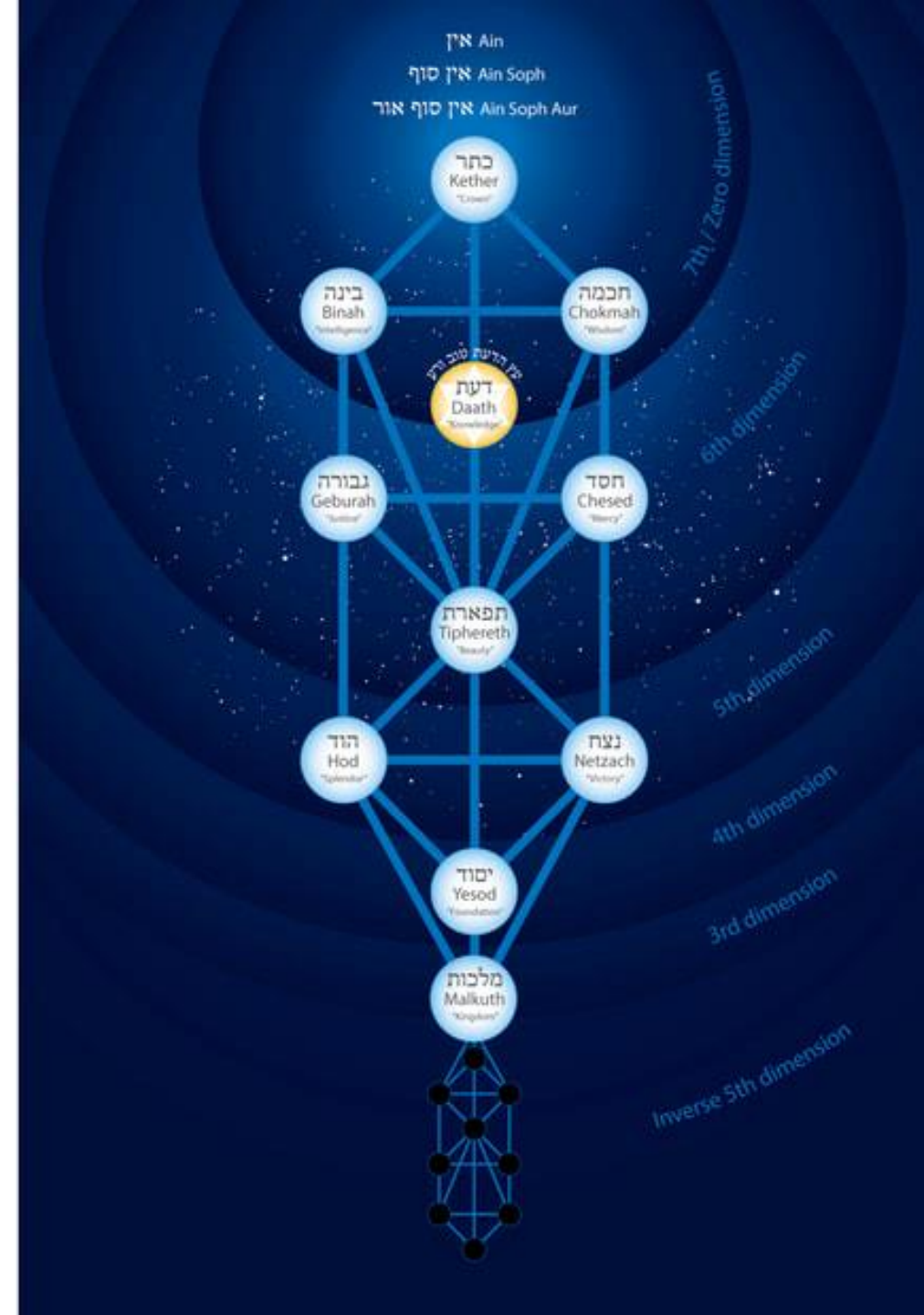
The Line of Being

Superior Levels

Birth



Inferior Levels





Stabilizing and Analytical Meditation

Concentration + Imagination = Meditation

(Gnostic)

Śamatha + Vipassanā = Samadhi

(Buddhist)

Silence + Insight = Witnessing

(Sufi)

Courses

Meditation Essentials

Meditation without Exertion

Gnostic Meditation

Sufi Principles of Meditation

Books

Treatise of Revolutionary Psychology

The Great Rebellion

The Elimination of Satan's Tail

The Revolution of the Dialectic

