The Stages of Meditation

The Voice of the Silence
Buddha Nature

Buddhadhatu, “seed of the Buddha.”

Buddha, “awakened one” from the Sanskrit *budh*, signifying “cognizance, awareness, perception.”
The Gnostic must first attain the ability to stop the course of his thoughts, the capacity to not think. Indeed, only the one who achieves that capacity will hear the Voice of the Silence.

— Samael Aun Weor,

*The Perfect Matrimony*
When the Gnostic disciple attains the capacity to not think, then he must learn to concentrate his thoughts on only one thing.

—Samael Aun Weor, *The Perfect Matrimony*

Before the Soul can hear, the image (man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to the silvery buzzing of the golden fire-fly.

Before the soul can comprehend and may remember, she must unto the Silent Speaker be united just as the form to which the clay is modeled, is first united with the potter's mind.

—The Voice of the Silence
The third step is correct meditation. This brings the first flashes of the new consciousness into the mind.

― Samael Aun Weor, The Perfect Matrimony
The fourth step is contemplation, ecstasy or Samadhi. This is the state of Turiya (perfect clairvoyance).

— Samael Aun Weor,

The Perfect Matrimony
For the wise, to imagine is to see. Imagination is the translucence of the soul. —Samael Aun Weor, *Sexology: The Basis of Endocrinology and Criminology*
The pupil must regain the child-state he has lost ere the first sound can fall upon his ear.

The light from the ONE Master, the one unfading golden light of Spirit, shoots its effulgent beams on the disciple from the very first. Its rays thread through the thick dark clouds of matter.

Now here, now there, these rays illumine it, like sun-sparks light the earth through the thick foliage of the jungle growth. But, O Disciple, unless the flesh is passive, head cool, the soul as firm and pure as flaming diamond, the radiance will not reach the chamber, its sunlight will not warm the heart, nor will the mystic sounds of the Akasic heights reach the ear, however eager, at the initial stage.

–The Voice of the Silence
1. Yama (Restraint)
2. Niyama (Observances)

Unless thou hearest, thou canst not see.

Unless thou seest thou canst not hear. To hear and see this is the second stage.

–The Voice of the Silence
3. Asana (Posture)
4. Pranayama (Energy Control)

When the disciple sees and hears, and when he smells and tastes, eyes closed, ears shut, with mouth and nostrils stopped; when the four senses blend and ready are to pass into the fifth, that of the inner touch — then into stage the fourth he hath passed on. –The Voice of the Silence
5. Pratyahara (Withdrawal)
6. Dharana (Concentration)

And in the fifth, O slayer of thy thoughts, all these again have to be killed beyond reanimation.

Withhold thy mind from all external objects, all external sights. Withhold internal images, lest on thy Soul-light a dark shadow they should cast.

Thou art now in DHARANA, the sixth stage.

–The Voice of the Silence
7. Dhyana (Meditation)

When thou hast passed into the seventh, O happy one, thou shalt perceive no more the sacred three, for thou shalt have become that three thyself. Thyself and mind, like twins upon a line, the star which is thy goal, burns overhead. The three that dwell in glory and in bliss ineffable, now in the world of Maya have lost their names. They have become one star, the fire that burns but scorches not, that fire which is the Upadhi of the Flame.

And this, O Yogi of success, is what men call Dhyana, the right precursor of Samadhi.

–The Voice of the Silence
8. Samadhi (Divine Experience)

And now thy Self is lost in SELF, thyself unto THYSELF, merged in THAT SELF from which thou first didst radiate.

Where is thy individuality, Lanoo, where the Lanoo himself? It is the spark lost in the fire, the drop within the ocean, the ever-present Ray become the all and the eternal radiance.

And now, Lanoo, thou art the doer and the witness, the radiator and the radiation, Light in the Sound, and the Sound in the Light.

–The Voice of the Silence
Resources

- Meditation Essentials (Glorian Publishing)
- Gnostic Meditation (Chicago Gnosis)
- Sufi Principles of Meditation (Chicago Gnosis)