

## Contemplation Before Meditation

(Find your meditation position, slip into quiet, and mentally recite)

**Light:** Light is one of the most universal symbols for Ultimate Reality (the Unseen Root of everything), spirituality, illumination, metaphysical knowledge, goodness, and one's essence or soul (atma). One example can be found in the book of Genesis in the Torah. On the first day, God states, "Let there be light," yet we read later the sun was not created until the fourth day. What light is being referred to? The light of spiritual immanence imbuing all of Creation and the route to transcendence when you connect with this source. **of all life:** In Hinduism, the Ultimate Reality is known as Brahman. The name derives from the Sanskrit root *brih*, to swell, expand, grow, enlarge, indicating that all creation is a natural outcome of this expansion. Therefore, all matter and all life forms are units of this all pervasive reality, vibrating with various levels of consciousness. This is known as the Theory of Panpsychism. **You are abiding within me:** as the Atman, the essence that allows me "to be." "Know these bodies are inhabited by the eternal, the indestructible, the immeasurable embodied Self: (Bhagavad Gita, 2.18). **a presence:** Like no other. It is totally unlike our mortal ego self that we all know so well. It is only known by spontaneous or induced (i.e., meditative yoga techniques) transcendent consciousness.

**Light of all life -**  
**You are abiding within me -**  
**a presence**  
**deep in that space**  
**of stillness of thought.**  
**You are also abiding**  
**throughout the universe.**  
**I bow to You everywhere.**  
**I bow to You in every person.**  
**Namaste.**  
**Blessed is THAT**  
**residing in all beings.**  
**Blessed is THAT**  
**in whom all beings reside.**

**deep in that space of stillness of thought:** Ram Dass taught, "The quieter you become, the more you can hear." This indeed is the intended place of yoga style meditation. The Yoga Sutras of Patanjali clearly state (1.2) that the goal of yoga (union with the One Self) is complete control of the rising and falling of endless thoughts that obscure the state of "clear awareness." **You are also abiding throughout the universe:** What is the nature of the Ultimate Reality? It is "Being." "Being," the fact that all this exists in the first place, and seems to have universal laws that tend to favor all existence, means it extends to the whole universe. **I bow to You everywhere:** In reverence I acknowledge the connectedness of all things as a primary characteristic of the Ultimate Reality. **I bow to You in every person:** Every person is therefore also the habitation of the expression of the Ultimate Reality. **Namaste:** Sanskrit greeting showing respect to a person or group, literally, "I bow to you." **Blessed is THAT residing in all beings:** THAT ineffable source called by many names by many religions and cultures, but all referring to aspects of the same power. **Blessed is THAT in whom all beings reside:** The Vedic and Pantheistic view that everything is a part of an all-encompassing, immanent expression of BEING.