

MEDITATION, THE MASTER, AND THE UP-AND-DOWN OF CONSCIOUSNESS

Translated by Achille Cattaneo

The countless meditation techniques, handed down and evolving over millennia in all traditions of spiritual growth and development across the world, since shamanism and after, are based primarily on the *mastery of attention*, in its many forms (Aragona). Attention is always governed by the will, and is the main vehicle for channeling and directing energy, like electric cables or optical fibers, which carry energy loaded with information, in specific directions.

Unfortunately, however, in almost all cases, attention is unconscious, and mainly directed and used, crystallized improperly and dysfunctionally, usually based on *perceptual distortions* that are difficult to identify, because the ego considers them true.

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These processes generate tension, stress and disharmony in the physical body as well as in the realm of satisfaction of needs, emotions, and the mind. They become structured into beliefs and habits outside the control of consciousness, making that *energy no longer available for change*, growth, and personal evolution. Instead, they generate dysfunction and pathology.

Therefore, it is necessary to make attention conscious, so that the energy it channels becomes available again to open up infinite possibilities and bring immediate well-being, especially if oriented primarily toward the Transpersonal Self.

Attention is primarily of the *focused* type, typical of *reflective* meditation, or *multifocal and diffuse*, typical of *receptive* meditation, and their harmonious balance of *creative* meditation (Assagioli, Aragona).

The various forms of attention can be directed toward one or more objectives, in either a centrifugal or centripetal sense, or receptive and they can facilitate the expansion of consciousness, to transform the ballast crystallized over time, and foster personal *growth*, individual and collective evolution, human potential, well-being, and much more, beyond sensory and perceptual illusions that can be easily recognized and transcended.

Meditative practice is expressed through specific *modifications of the Nervous System*, which plastically

enhances its energetic functioning compared to its ordinary mode, increasing multiple and complex interconnections between different areas, including inter-hemispheric ones, and improving neural plasticity (Aragona), and thus the *depth* of meditation.

For example, meditation tends to slow down the *frequency of brain waves* so that the center of consciousness - the ego - can become aware of unconscious, automatic, dysfunctional processes on various levels: physical, emotional, rational, creative, empathic, social.

But it can also accelerate brainwave frequency to enter the levels of wisdom and self-realization, eventually reaching the transpersonal level, of intuitive mind and connection with the Transpersonal Self, which must return to being the coordinating center of everything.

In the same meditative state, the Ego, guided by the Self, can act through the PNEI System (Psycho-Neuro-Endocrine-Immune) to modify dysfunctional or pathological processes and make them healthier and more virtuous, but only if the depth of meditation reaches a sufficient degree of brainwave modification for new neural connections. Otherwise, the plastic process of creating new brain connections is much slower and more laborious, if not disruptive or pathological.

Meditation generates countless *benefits* primarily through the PNEI system: it reduces anxiety, stress, burnout, insomnia, addictions, depression, pain, hypertension, gastrointestinal disorders, cardiovascular disease, brain aging, and unhealthy lifestyles. It promotes longevity, tolerance, compassion, emotional regulation, stimulation of the Immune System, and much more, physically, emotionally, mentally, socially and spiritually. It also supports various activities, for example to enhance peak experiences and performances, synchronicities, etc., even in a very rapid and tangible way. It even has epigenetic effects on DNA and reduces tumor metastasis.

The Dalai Lama states that

"if every eight-year-old child were taught meditation,

we would eliminate violence in the world within one generation."

It is nevertheless an inner journey common to all, and refers to the *energetic rising of the center of consciousness*, of the ego with its various subpersonalities, along the axis that energetically connects it to the Transpersonal Self, to the Soul, which Assagioli and the Easterns call the *Antakarana*.

In reality, the Transpersonal Self and the Soul do not refer to the exact same energetic structure, but they are sufficiently similar to be grouped together at this level of awareness.

Assagioli writes:

"Value of the up-and-down of consciousness: the 'channel' is created, the threads of the Antakarana are woven, the (editor's note : symbol indicating Psychosynthesis) are accomplished, the alchemical transmutation, the 'assumption,' and the 'incarnation.' Each time one 'rises,' some particle of substance from the various planes is carried upward and redeemed, a stone completing the temple; each time one 'descends,' some charge of spiritual energy is infused into the personality, some spiritual particle is 'incarnated,' a minimal fraction of the Kingdom of God comes to Earth. To realize this with joy, and what a powerful encouragement to do it with ever more vigorous awareness."

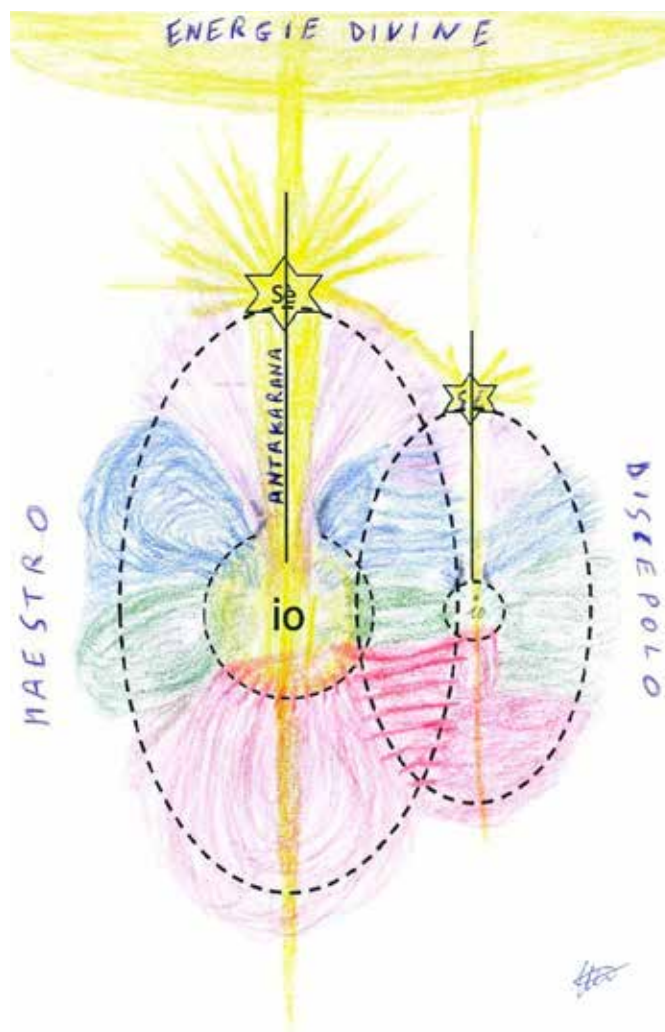
(<https://www.youtube.com/watch?v=IalvG9Jledw>)

Yet in this downward flow of energy from the Logos and the Soul, and the upward one of vital energy from Eros and Kundalini, along the Antakarana and beyond, it always encounters, during adaptation to the environment, many resistances and energy blocks. These generate sensory-perceptual distortions and a cascade of events that lead to tension and stress, becoming structured across the various levels of the energy field, from the physical to the spiritual, generating suffering and predisposing to illness.

In this process, the encounter with a *Master* is vitally

important because it greatly facilitates the journey, making it safer and smoother. The Master has previously walked this path and has evolved significantly, and therefore knows all its pitfalls and potentials, always working for the good, individual and collective, for unity and harmony.

The Master, whether in inner or outer form, can represent both a facilitator and an ideal model, or even a *unifying center of consciousness*, because he facilitates the process of self-identification with the Transpersonal Self, in the awareness that-in our true essence-we are the Soul.



In this regard, I believe that the ancient *meditation of disidentification* (Aragona 2020) - both in the form transmitted by Roberto Assagioli and by other great Masters such as Choa Kok Su - is perhaps the most difficult to accomplish. Because, having to live in this ordinary reality, people tend to remain too identified, absorbed by the lower components of the ovoid, rather than by the Transpersonal Self, which is always and in any case unconscious, evanescent, even if we delude ourselves into thinking otherwise.

I always mistrust those who claim to know their soul -and often even myself -because *only through reasonable doubt can we challenge misperceptions and open up to the intuitive process that, through the Master, opens the doors to the Soul and gives us its manifestation in the physical body, in behavior, and in the healthy change that is also created in the surrounding world.*

But the Master is much more than that, because they create an *energy-informational field* that unites and merges with the energy field of the student, creating a common, unique field of energy-information. Through empathy and *Entanglement*, this allows the instantaneous flow of energies and information to and from the student, who learns directly and very quickly, as if they were a single being.

However, this is temporary and vanishes instantly if the connection is lost, if the student is not sufficiently purified and evolved in the physical and energetic body, and thus does not have sufficient energy of their own to retain the received information.

It is well known that those who meditate in groups generate a particular *synchronization among individuals' brains*.

Everyone has likely experienced how, when in the Master's aura, everything becomes easier and clearer.

This has always been the learning mode in all the arts, including the medical one.

It happens because, in this intimate contact, the disciple's Antakarana becomes wider and insights flow more frequently and clearly, and all inner contents tend to harmonize easily along the main axis of the Antakarana.

Since the Master has a higher level of energy and awareness, the student significantly expands their own consciousness. However, this must be a gradual process to allow the body-mind to adapt to the increase in frequency and energy volume.

In this regard, I remember that a couple of years ago, on my way to the annual meeting of trainers and facilitators of the Psychosynthesis Institute in Vallombrosa, I stopped to sleep at the guesthouse of Assagioli's house. That evening, I asked Master Roberto Assagioli for some insight into how to structure the morning meditation I was to lead two days later. That night, I dreamed "*we were in a group singing the Gayatri Mantra,*" one of the most important mantras of the Eastern traditions that facilitates the intuitive process. "*We were singing it with a tone and style different from the one I know and regularly practice in the morning*" in my Arhatia Yoga path of Master Choa Kok Sui.

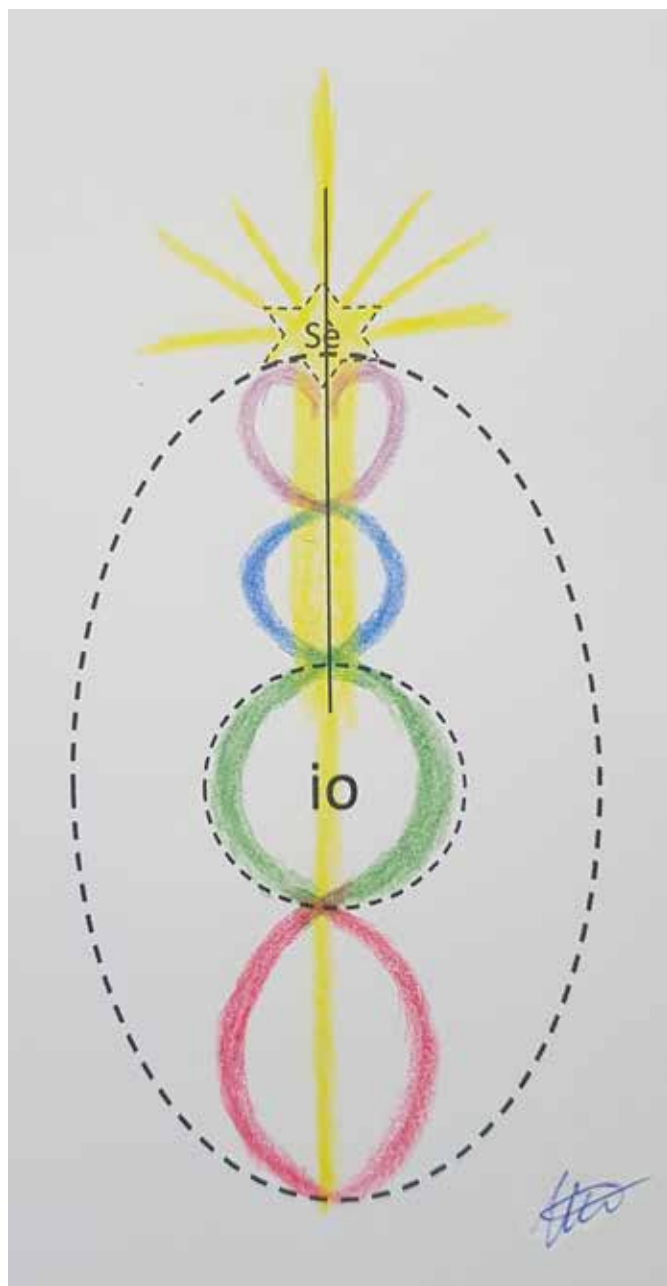
"I also remember something blue."

My wife, with whom I follow the same path, had an audio recording of the Gayatri Mantra sung in a way very similar to what I had dreamed, so we used that as a guide. I did not know that Assagioli had also taught it. I found that out only later, but the presence of the blue color in the dream indicated to me that it was a message coming through the Soul, whose connection is often represented as a blue pear (Choa Kok Sui). It was a beautiful and very effective experience.

Through this and many other experiences, I have come to understand that through the spiritual practices of modern Pranic Healing and Arhatia Yoga by Master Choa Kok Sui, I have significantly deepened the *energetic* aspects that I had been missing.

These practices are not only meditative but also constitute healthy lifestyles, or character-building, to accelerate the development of the Soul, so that people quickly develop qualities and virtues such as intuitive intelligence, compassion, kindness, strength, and a physical body increasingly suited to the great influx of Soul and divine energy, eliminating pride, to be of service to others, to humanity, to planet Earth, and to the Divine.

It is necessary to always first activate the higher potentials in order to control and manage the lower energies, which would otherwise take over: first rise to the Self, and then, with that energy, descend and transmute the lower energies, thereby increasingly activating the qualities inherent in the superconscious.



This energetic path is the one that the Ego must follow in order to discover that it is the reflection, the executor, the instrument and the vehicle of the Self, to manifest itself in the world, developing the typical qualities of the disciple: devotion, humility, service, receptivity, etc., together with four principles which are: to think and to know, to will, to dare, to be silent (Choa Kok Sui).

But to rise, the Ego must be attentive and feel the attraction of the Self in order to receive its energy; therefore, it must be open upwards and receive with devotional humility what comes from the spiritual or transpersonal world.

It is a matter of opening up to spiritual energy so that, descending, it may awaken vital energy and raise it to strengthen the connection with the Transpersonal Self.

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To do this, however, it is necessary to follow with will and *attention a discipline* and the simple instructions of the Masters (Assagioli, Choa Kok Sui), based on some fundamental principles that I can outline as follows:

1. **Purification:** first physical, with healthy lifestyles and physical and breathing exercises to release bodily tensions and let energies flow; and also internal, for the harmonization of all areas of consciousness and the unconscious, through the repetition of healthy and positive thoughts and the practice of virtues;
2. **Disidentification and self-identification** with the Transpersonal Self;
3. **Invocation** of the energies of the Soul, the Masters, divine energies and of God: devotional opening to higher energies for the expansion of the Antakarana;
4. **Opening** of the empathic and **heart** channel, contacting inner qualities of peace, love, compassion, forgiveness, hope, faith, light, joy, and visualizing these energies spreading across the Earth and humanity;
5. **Opening** of the **intuitive** channel, located at the crown of the head, visualizing divine energies blessing the Earth and humanity through us;

6. **Rising** with the center of consciousness toward the light of the star of the Transpersonal Self, mentally chanting the Om mantra or similar, focusing on the silence between one mantra and the next, simultaneously visualizing the light of the star, and maintaining **multifocal attention** to create Entanglement and Union with the Soul;
7. **Remaining in silence** and expanding **diffuse attention**, to intuitively receive the energies-information that descend through the Self and become “incarnated”;
8. **Transformation and transmutation** of energies, visualizing the sending and **diffusion** in the surrounding world and to all humanity of the qualities we wish to develop for the common good and of all humanity, and also toward the Earth through the visualization of roots under the feet and at the base of the spine;
9. Always **giving thanks** for everything received, returning to the physical body, and **smiling**;
9. **Practicing physical exercises** to harmonize throughout the physical and energetic body the flow of energies..

The relationship between the Disciple and the Master is symbolically and energetically the same as the relationship between the Ego and the Transpersonal Self. But this is not simply a meditative or mental process: in ancient spiritual traditions, including Nepalese shamanism, the connection with the inner Master or with spiritual or divine energies is described as an “*incorporation*”.

That is an “incarnation. In fact, it is not merely a matter of identifying with the ideal model or entering the character; it is about becoming the character, actually becoming that being, physically feeling the entrance of that entity or energetic quality into the body, while remaining aware of hosting that energy, to let it act consciously through oneself, as in the Taoist art of “Wu Wei”, that is, acting without acting: the disciple as a

channel so that the Soul, supported by the Master or the deity, may act freely through him, while remaining fully aware and mastering everything with will.

This is the attitude of the disciple, who learns better and better from his mistakes within the Master’s energetic field, and devotes his entire life with devotion to the “Master,” because the Master facilitates direct union with the Soul and its project. In fact, a true Master never tells one to blindly follow his teachings, but invites the disciple to experiment, master, and discern everything, always from the perspective of the Self. Master Choa Kok Sui also provides specific tools and techniques in Modern Pranic Healing and Arhatic Yoga to verify the degree of connection with the Soul and the Master, and the benefits that derive from it. As Descartes also said, it is important to use the practice of reasonable doubt to find intuitive thoughts, those without preceding thoughts, that arrive through the Soul, as the basis for the scientific method and for connection with the divine (Aragona).

So, just as the disciple that does not know the project that the Master has for him - but can only intuit it - so too the Ego does not know the project of the Soul and must rely on intuition, which only arrives when he is energetically ready to receive that information.

For this reason, the Ego cannot be the autonomous architect of its life unless it becomes a humble servant of the Self, unless it becomes aware of its true essence: he is the Self, he is the Soul which animates the physical body, with his emotions, his mind, his habits.

These are all excellent tools of the Soul to fulfill itself in this life and to create its destiny within a broader, collective, and global spiritual plan.

Nonetheless, we, as personalities, are free to choose. But if our choices deviate from the Soul’s project, we feel unwell. If instead we draw closer to it, we feel better and better, and pleasant emotions, healthy and virtuous thoughts and actions, peak experiences, synchronicities, increasingly clear intuitions, and other evolved abilities develop - along with deep well-being - because it is

the Soul's energy that heals. And so, destiny will be wonderful, both inwardly and in the surrounding world. As Assagioli and all the great Masters teach, Truth is one of the characteristics of the Soul at various levels, and to know it, we can only open to It from within, and follow the energetic channel that keeps us connected to the Soul, active until physical death. Only through practice can we steadily receive from the Self the healthy, ethical, practical, and concrete directives for daily life—for the emergence of a new humanity, guided by the Soul and by God.

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Images by Marcello Aragona

The connection to the Master and to the Self is a meditative-energetic path in which the “I,” the center of consciousness, receives the divine energies that flow down through the Self. Thus, the “I,” being deeply connected to the energy of the Master and to the divine energies, can better harmonize all personal unconscious contents and evolve rapidly and safely. Drawings made by me.