

Knowledge and the Sphere of Light — Chakra

Seekers of knowledge and understanding develop their serene intuition and the ability to find the answers to their life's questions through meditation at the crown of their head. This is a zone, or center, which bestows celestial wisdom and a clarity which can reveal life's mysteries.

How to Practice

You begin in the normal manner — sitting straight, relaxing the body, and doing some deep breathing. Now put your hand across the top of your head. Now, gathering your mind at the top of your head, feel your awareness rising up above your head four to six inches where you visualize and feel a sphere of light about the size of a grapefruit is perfectly poised. This sphere is full of white light. If you are a religious person, it's particularly valuable to think of the Lord of your heart residing within this sphere above your head. For example, visualize the Christ, the Buddha, Mary, or a great saint such as Francis of Assisi, Teresa of Avila, or the Eastern saint, seated or standing, in miniature form, within this sphere of light above your head. If you're not religious or this idea does not appeal to you, simply focus on the sphere of light which you are visualizing and feeling four to six inches above the crown of your head.

Now, simply place your awareness and attention on this sphere. If your mind wanders away, that's normal. Patiently bring it back. At this particular center you will find it's fairly easy to concentrate. The endeavor to pay attention here brings, in gradual degrees, a wonderful feeling of serenity which is so heavenly and so pleasant that the mind quite easily can become engrossed.

Now, while holding your awareness on or in this sphere, visualize and feel that this sphere is shining cool, soft beams of light over your forehead and the front of your brain. Maintain this awareness of the cool, soft beams of light until you feel a sensation of coolness filling the forehead and the front of the brain. Then allow the sphere to shine cool, soft beams of light — soft like moonlight — over the middle area of your brain until it too feels coolness. The sensation is often one of cool water filling the area. And then the back of the head is shone on until it too has a feeling of coolness.

Sometimes the feeling of coolness wishes to descend over your face, neck, down your spine, and fill your whole body with a beautiful serenity and a wondrous sense of well-being. However, in most of these meditations the sense of coolness throughout the brain, from forehead to the back of the head, and then from a serene intuition into the oneness of life or the goodness of God, or the presence of God, or the holiness of life, the wonder of life. Or you sense your own soul and center in it. Or you feel connected to all the living beings on the planet, but you feel that this experiencing the great soul, the one life which empowers and enables all life, all the different living forms on the planet to exist and live and breathe.

If you have visualized the Christ, for example, within this sphere of light, you will often feel the presence of Christ and gain deep insight into what He taught and the way that He would have you live. At first you will simply be gaining in serenity, which is not bad. Let the serenity fill your mind and enjoy this utter peace in its sweetness and in its clarity. To conclude your meditation, you need to bring your awareness and energy thoroughly back down into your body in order to be able to live more fully and also in order to bring the values and benefits of meditation into your daily life and world.

So, with calm gratitude for your meditation experience, whether eventful or uneventful, in the knowledge that every day's meditation is progress — whether we are experiencing phenomena or not, because we are centering and connecting every day that we meditate — gently bring this sphere of light, which you visualize as hovering above your head, bring it down now, slowly, thoroughly, and blissfully, into your mind. Feel that the sphere comes down inside your head and rests there, ready to rise above and be meditated upon anytime that you wish, but that this serene light now lives inside your head as you conclude your meditation.

Benefits

As a consequence of this meditation, you will likely find that you have greater mental clarity in all phases of your life and that you are able to think clearer and more directly about any issues which concern you or confront you.