

Practice Of Reflective Meditation

by Samael Aun Weor

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- 1. A few minutes of dervishes.
- 2. A few minutes of concentration on the breathing, observing the entry and exit of the air.
- 3. A few minutes of concentration on the heart, listening to noises of the exterior world.
- 4. Conjunction of Belilín and Magic Circle.
- 5. Supplication for Assistance to the Inner Father and to the Divine Mother.
- 6. Relaxation of the physical body.
- 7. Reconstruct a determined scene or event (Mantram RAOM-GAOM).
- 8. Reflect carefully on each detail.
- 9. Supplicate the Divine Mother for the elimination of each detail we comprehend.
- 10. On finishing, give thanks to the Divine Mother for Her assistance.

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Observations

- On reconstructing a scene, we must not identify with it.
- In no case must we accept justification or evade ourselves.
- We are going to judge ourselves, not others.
- It is important to put ourselves in the point of view of others.

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