

his own duty, in addition to his own present knowledge. He may not, as a rule, be asking for specific instruction about some life problem. He may not always expect a definite formula of conduct. There is abundant evidence that the help received in meditation often takes these forms. More frequently it comes in the shape of inspiration and encouragement, of elevation of heart and strengthening of purpose, for the performance of duty already clear. Occasionally the causes of failure and its necessity are made apparent, and the active resignation made possible which takes the form of acceptance of the Law, and by which alone progress is possible. Progress necessitates an active attitude. Mere acquiescence and passivity is inaction, by which no progress can be made. Man, like the Universe, becomes. If the individual does not become the Universe, his only goal, then he will be absorbed and assimilated and lost in the cosmic process. "Nature consciously prefers that matter should be indestructible under organic rather than inorganic forms, and . . . she works slowly but incessantly towards the realization of this object—the evolution of conscious life out of inert material." The student co-operates with this plan in meditation. While the effort is for the student himself, it is preserved from selfishness by the consciousness that all nature is involved in it, and that the benefit of all creatures is desired by the right action of him who meditates. There is an automatic action in Nature also by which those who seek merely personal objects are shut off from any permanent progress. They build their thought-structures on foundations of sand.

When any person has determined that the Kingdom of Light is to be sought within, and resolves to follow the old custom of retiring into "the inner chamber" of the heart in meditation, he is often at a loss to know what course he should adopt. Solitude is invariably recommended. If it is convenient to have a certain spot or room set apart for the purpose so much the

better, but outward conditions are never essential. It is possible to meditate on the middle of the street. A regular time should be chosen, and carefully observed, as the recurrence of the cyclic tendency to meditate at this hour strengthens the effort. If it is impossible to keep an hour free the student must not be deterred, but, by observing a more spiritual and inward attitude during an appointed period daily, render his occupations at that time especially permeated with higher influences, and his character correspondingly enforced. The attitude or posture to be adopted troubles many. Any posture that releases the mind from physical constraint will do, but as a rule, western students who attempt meditation, go to sleep when sitting or lying, this being nature's own safeguard against mediumship. Some, therefore, stand or kneel in meditation. The special postures practiced by students of Hatha Yoga are not advisable for ordinary people. They have in view the arousing of occult forces of a psycho-physiological nature which lead to disease and death in the case of all but those of the very purest heredity—an almost impossible western condition—and the elimination of all personal aims. Of these forces and powers it was said: "Seek first the Kingdom of God and his righteousness and all these things shall be added unto you," a text usually applied to material blessings.

Curiosity impels many to ask what is to be expected as the result of meditation. What will happen? is frequently asked. A careful perusal of I Corinthians xii: 4-11, and of the xiv chapter of the same Epistle will reveal as much as is generally known about the possibilities of right meditation. Patanjali's Aphorisms will supplement these passages for those who desire almost the last word on the subject. It must not be forgotten that all fear must be extinguished in him who enters in meditation the presence of the Eternal. Fear implies an attachment by opposites to things, creatures, beings of evil. If one fears, the cause of fear exists in oneself, self-created. A clearer vision would reveal