

The Lotus Code

“Secrets of a Meditation Master”

by Geoff Dodd



“We stand at a point before creation”

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Art Gallery

Congratulations on starting your journey and
welcome to my meditation Art Gallery!

I'm Geoff Dodd, and here are some fascinating
encounters I had in Suphanburi province while
in Thailand in 1996.



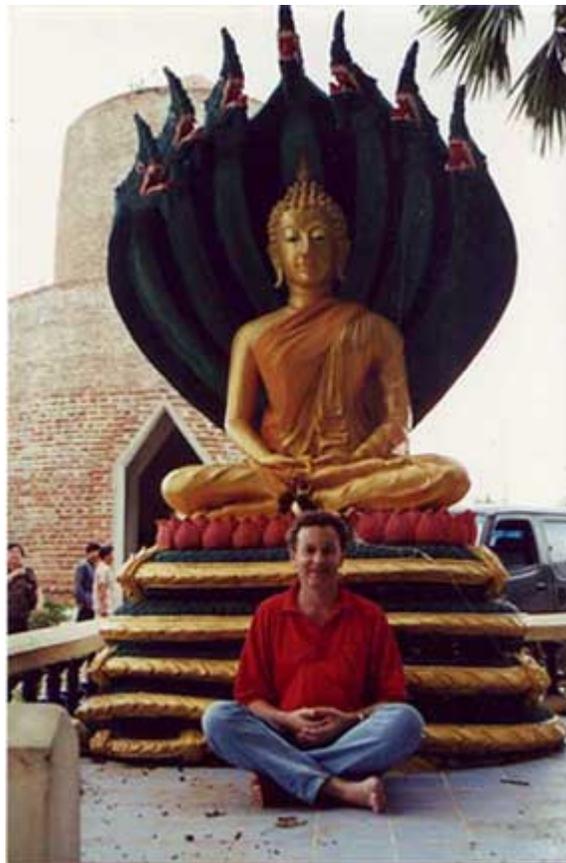
The Buddha stands high above the power lines while shoppers focus on goods, oblivious to Him. Although Thai people are absolutely practical ... Thai culture is permeated by Buddha's teachings



The journey begins with a visit to the temple.
The artwork is so very rich in symbolism of
the higher levels of human consciousness!



Reclining Gold Buddha at Suphanburi Province, Thailand



Golden moments unfold on the inside and they start with the right posture which every single upright statue of Buddha clearly shows you ... The statue has got it right. Geoff is learning!

Legal Disclaimer Stuff

The world is such that even a book on meditation requires a legal disclaimer.

You'll find more explanation of meditation on my web site, psychologypower.com

Therapeutic claims/ideas, real or implied, can sometimes trigger unexpected lines of thinking which were not a writer's original intention. Meditation has such global and **holistic-systemic effects** that it could be viewed as a therapeutic system, at least from a psychological perspective.

Therefore,

Our products are informational and educational only and are not intended as therapeutic goods.

Please consult a registered health professional if you require therapeutic assistance. You are responsible for your own actions, for your reactions to this material and for the application of new ideas you may encounter here.

May all beings be happy and well.

The journey continues...

Secret Knowledge of a Meditation Master

Congratulations on your purchase of this e-book and welcome inside to the utterly blissful and creative world of meditation.

Let me introduce myself. I'm Geoff Dodd, writer of the experience-based web site, psychologypower.com

I was born in Wellington, New Zealand. After doing a degree in physiological psychology I worked for years as a probation officer, medical social worker, community-based psychiatric social worker, musician, guitar teacher, taxi-driver, then web site builder based in Western Australia.

From the day I read a tiny booklet entitled "*Scientific Research on The Transcendental Meditation™ Program*", my life changed irreversibly and I had found new purpose... a mission.

Next there was "biofeedback" and "self actualization" and books on religion and mind power. I made journeys into exotic Pacific paradises like Tongatapu and the Ha'apai Islands, and finally into Asia – and into their religions.

Now I'm happily married to Thanaphat, a younger, Thai Buddhist woman and we often visit the monks at the Serpentine monastery south of Perth in Western Australia. We pray, talk, laugh and share our food. We read the booklets (Hint!) and walk amongst the birds and tame animals, including kangaroos and wallabies that calmly feed just metres away from the monastery's visitors.

You can descend a steep path towards two small lakes and finally to the monks' sleeping huts and you'll pass by true Bodhi trees, with their pointed leaves, of the kind that The Buddha became Enlightened under. Thus, "bodhisattva" – Enlightened teacher of The Dharma.

The isolated bush land setting of the monastery, in the hills, is perfect for uninterrupted meditation and contemplation of The Dharma. (The teachings of The Buddha.)

The monks live a simple and serene life, putting their hands to many diverse skills, while serving the community. They are taught focus, meditation, mindfulness and 'letting go' of worldly attachments.

Every day of the week people come from the city to share rice and wholesome food with the monks and with one another. The monks chant and pray and spend time speaking and joking with the uplifted visitors.

Monks visit homes in the broader community and give prayers and blessings. They attend to funerals of the Buddhist community. They are always available for Teaching and they run meditation groups.

Context and History

Modern society serves up about the exact opposite, psychologically, of that serene monastery in the Western Australian hills.

A cacophony of sound and a garish flickering mosaic of electronic images radiate from television sets, shopping centers, city streets ...

We rush against deadlines, commute, cursing red traffic lights and being endlessly programmed to buy, consume, choose, benefit, save.. in our current legacy of advanced capitalism. You know the story.

Then we have meditation. A tradition passed on to us from at *least* 5,000 years ago. Probably a lot longer.. but at least from Krishna in India and the early Chinese sages and mystics.

Let me suggest to you that meditation promises this:-

"If you get the inner game right, then you'll get everything else right and truly, the world's your oyster!"

'The inner game' refers to your subconscious thought habits and core beliefs about yourself, and to your conscious self-talk or inner dialogue. Traditionally these things have been shaped and conditioned by religion and the predominant cultural philosophy, so let's examine a handful of these.

You are what you do, but at a deeper level, you are what you *experience*. (Existentialism)

Can others see what you do? They will form an image or rather a series of mental videos about you from what they see you do.

But can others see what you experience? From moment-to-moment, can others *feel the flowing energy of The Tao within you?*

Can others see the richest unity in all things - where yellow is deep gold and where white light is experienced as a diamond? Or as a luminescent pearl?

Can others feel when you feel totally connected to the Universe of Everything?

Now reader you're slowly beginning to realize ... to see and grasp the awesome benefits of deep meditation!

You as Creator

When Siddhartha Gautama, The Buddha, said 2,500 years ago,

"With our minds we create our lives"

and: "Look inside.. Thou art Buddha Nature,"

And Jesus purportedly said, 2,000 years ago:

"Look inside, the Kingdom of God is within you.. "

- Can you feel the harmony, the accord, the rapport in these words?

All pointing to the same subtle Reality:

"You are a mini god, a Creator!"

So allow me to ask you:

"Are your thoughts mostly creative?"

"Or are you merely reacting to circumstances?"

"Are your thoughts proactive and leading the action?"

You will learn to Master the thinking process and the first step is to become **empty** of thought.

To get clear and to *experience what emptiness can do for you*: Cleansing, de-stressing, purification.

Then you'll discover, **"we stand at a point before creation."**

- Siddhartha Gautama.

Men and women must learn to become gods themselves because we are creating the future.

- Organically, everyone's future.

All forms of life on Earth are interwoven and inter-dependent as One and meditation is a great path to take to enable you to clearly perceive this fact..

Of the unity of All Life - for deep below the symbols, thoughts and words we use to communicate, there's a natural bio-current of organic energies rather like a subterranean river..

- - That's the stuff we contact during deep '*theta and delta wave*' meditation. That is when your conscious, awakened and thinking mind is integrated with your dreaming mind.

You are in 'whole brain functioning' and it's kind of like being deeply asleep and awake at the same time.

Your creative intelligence skyrockets because of increased neural connections between your left and right cerebral hemispheres!

You have better access to your memory banks and you feel strongly connected to everything.

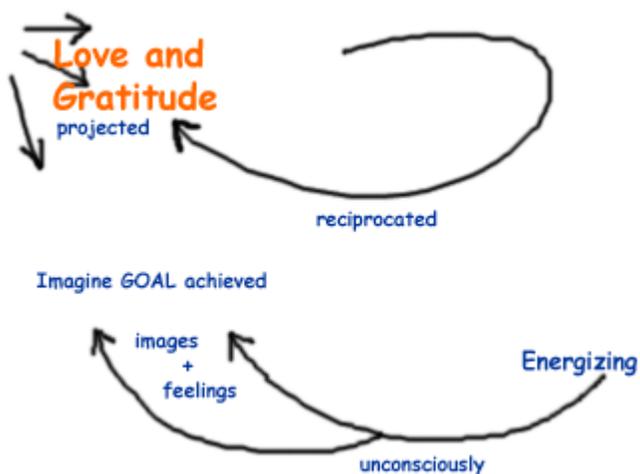
Powered by Passion?

Are we ultimately motivated and driven along by our emotional passions and our hormones?

It's quite likely. Sigmund Freud thought so when he referred to the 'unconscious id' as a pleasure-seeking drive of libidinal energies. 'Libido.'

Here's a quick sketch of what may be happening:

(With thanks to Dr Joe Vitale for abundant inspiration from his '*Spiritual Marketing*' e-book.)



Notice the unconscious energizing of images, feelings and actions towards goals. The mighty forces of your **imagination** are so potent, magnetizing your every desire, focused thought and act towards reaching that VISION you hold of your goal-achieved.

Heck it's like when you've fallen in love with someone and every fiber in your body is compelling you to move and approach the person and to tell them and to unite with them..

Meditation integrates the waking mind with the dreaming mind, the conscious with the sub-conscious and the virtuous with the animal.

It brings *all your energies together!*

You are all-together eyes wide open with heightened awareness, yet in *perfect control!*

Fine-tuned by Virtue?

I would agree with you that it's not always *easy* being a civilized human being. Here we are at the opposite pole, once again. I mean the opposite of purely pleasure-seeking drives.

The teachings of The Buddha were beautifully explained by Ajahn Chah of the forest tradition in Thailand.

"Virtue, Samadhi (meditation) and wisdom constitute the Path of the Buddha."

"The Path isn't an end in itself, but it's the way leading inwards.."

" ... they are the road to arrive there."

"When virtue, Samadhi and wisdom have been mastered, the result is profound peace of mind."

"That's the destination."

"... This requires training, and the tools and equipment to get the job done are generosity, virtue, Samadhi and wisdom ... together they form a Path inclining inwards and wisdom is the first step."

The goal is to liberate ourselves from suffering.

The Buddha taught to give up all forms of mental attachment and desire.

Letting go... happens in your meditation. Whatever wants to bubble up ... it's all ok and you watch the process, naturally.

You're merely an *observer* of inner Nature.

As you watch the healing process...

Watch the clouds

During meditation your mind may incline inwards and *show you* the soft processing, appearing as subtle cloud forms that arise from a pinpoint beginning then expand and diffuse as a new cloud is created.

You sit there as an astonished **observer of the natural healing process**. You literally watch the clouds go by.. inside, it's purification .. emptying ..

Let it happen by itself and don't try to theorize or over-think about what's going on or 'what's happening to you?' (That's attachment to theories, social references, intellectual word games, etc.)

Once while sitting in a grass hut on the Pacific island of Tongatapu, in deep meditation... I experienced my body as having *totally* 'disappeared'. It was weird indeed that I was simply a spirit-like observer.

Only my essence remained. At that point I had an
adrenalin impulse and 'snapped out of it.'

Scary stuff, disappearing.

We're so self-protecting. So keen on safety and security
are we that we hold on tight to all our habits of thought
and usual patterns of *feeling-thinking-acting...* but the
Buddha said to let go...

Let go - experience '*the unconditioned*' natural mind in
stillness and emptiness ... it's a beautiful thing.

Focus - first on the in-breath, then on the out-breath..

Then on the empty-still space after the out-breath.

Keep a steady focus, and whatever thought or image
appears, as a distraction...

Disregard it.

Observe the thought or dream image - 'pop!'

... and dissolve

As it fades away,
until you're sitting there in pure emptiness

Thought-less

word-less

Consciousness ... exquisite!

Whatever arises ...

So in meditation **your goal is to reach a state of emptiness, through letting go of 'whatever arises'**

in your thoughts..

Sitting serenely in that stillness you observe 'whatever happens' ...

it's ok.. a release of 'whatever it is.. '

The Buddha used this beautiful metaphor:

Imagine your mind is a pond of water, at first muddy and unclear.. then clearing on attaining stillness ... then beautiful water lilies begin to open, to unfold and blossom in exquisite arrays of color..

Finally you are purified and sit wrapped in a clean white robe, cleansed of defilements of the mind.

Imagine you are watching a passing parade.

The floats are fascinating.. One by one they are gone.

Imagine your thoughts are passing white clouds.. floating in an azure blue sky. Watch them lightly pass through ... don't get hung on them. Gathering, collecting, scattering.. clouds evaporate.

Like passing strangers on the street?

Each next moment arrives ... and passes!

Without attachment or desire or thought.. the brain has a chance to perceive the absolute richness of the Transcendental Unity.

Seeing the planetary reality that All is One, within and without it's a cinematic projection of your..

... whole brain functioning – *as One!*

Now let's practice meditation.

Knowing the goal is to seek Unity.

Through a state of emptiness.

You simply 'return to The One-ness'

Watching 'whatever happens, inside,'

And 'letting it go!'

Changes in the body

Just a final point here about meditation.

When you attain emptiness and stillness, usually after about twenty minutes.. *you're creating a new balance of your autonomic nervous system.*

An improved balance between action+**emergency** functions and cell replenishment+**restorative** functions of the body.

This new balance frees the body from excessive '**defence**' and allows it to focus more on '**growth**' and wellness.

You experience this new balance as tranquility, contentment and freedom from anxiety and from unnecessary, irrational fears.

You reach deeper inside to discover unbounded creativity, hidden aptitudes and new abilities as well as an upwelling fountain of energy.

Physiology

Scientific Research on the specific changes that occur in the body during deep meditation..

has documented these effects:

- slowed heart rate
- decreased blood pressure
- slowed breathing rate
- reduced stress (cortisol level)
- increased stress-buffer (DHEA level)
- increased pleasure (endorphins level)
- decreased anxiety (adrenalin level)
- increased parasympathetic activity (autonomic balance)
- appearance of alpha, theta and delta waves in the brain (electroencephalograph - EEG)
- subjective reports of peace and tranquility

Your object of focus

Selecting Your Object of Continuous Focus

There are many traditions, schools, techniques and methods of meditation, numbering in the *hundreds*.

What they have in common is 'an object to focus upon.'

The Buddha taught '*the mindfulness of breathing*' ... where you keep a full sustained focus on your in-breath and out-breath ... then on "the beautiful breath" and monks also learn to focus on the subtle feeling of breath passing through the tips of their nostrils.

I like to focus on the state of emptiness just *after* an out-breath. It is in this exquisitely peaceful moment that a *mantra* is inserted in mantra meditation. It's usually a silent thought from Sanskrit:

*Ommm.. Ah-yim..(male), She-ram..(female) or **one**..*

Quietly thought as I say in that moment after the out-breath.

Buddhist monks also do long periods of walking meditation where they focus only on sensations in their feet as they walk - or only on their chanting.

'When you walk - just walk.. '

Now try that, focusing on the feelings in the soles of your feet. (Only).

Traditional methods of meditation are time-honoured and may take you many years to perfect.

Often 50,000 hours or more are required to deeply implant these habits and to develop optimal neural networks in the brain.

(But it's different from one person to the next.

One may quickly see how to be still and how to *master the thought process!*)

Typically, the head monk has only reached his Enlightenment after a very, very long, arduous and testing journey!

Now do you want the good news?

[Discovery: It is possible to greatly accelerate meditation!](#)

Modern science carried out in the 1960s-1970s brought us some *startling discoveries* about the effects of specific sound frequencies on the brain - producing the exact states of deep meditation - when applied through stereo headphones: inducing alpha, theta and delta waves!

Would you like a free sample CD demo of this?

I've arranged with the people who make these CDs for you to have a sample copy so you can feel the effects and get into a real meditative state, quickly.

After all, the proof of the pudding's in the eating!

Meditation is one of those things that you simply have to *Experience for yourself*. No amount of talking about it can ever approach it or replicate it.

You're probably busting to get started. You'll want to visit my meditation page and get your own CD here:

<http://www.psychologypower.com/psychology-of-meditation.html>

The journey leads you to what you want

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