



MMW-1

Inner Light and Sound Meditation

The Inner Light and Sound of God

Throughout the ages, humankind has been visited by rare individuals who served in the spiritual upliftment of humanity. Jesus Christ was one of these visitors, as were Shakyamuni, Buddha, and Prophet Mohammed. These three are well known to us, but there are many others whose names we do not know; some taught publicly and were known by many or by a few, and others remained anonymous.

These individuals were called by different names, at different times, in different countries. They have been referred to as: Master, Avatar, Enlightened One, Savior, Messiah, Divine Mother, Messenger, Guru, Living Saint, and the like. They came to offer us what has been called: Enlightenment, Salvation, Realization, Liberation, or Awakening. The words used may be different, but in essence they all mean the same thing.

Visitors from the same Divine Source, with the same spiritual greatness, virtuous purity, and power to uplift humanity; as the Holy Ones from the past are here with us today, yet few know of their presence. One of them is Asur'Ana.

Asur'Ana teaches the importance of the practice of meditation, inner contemplation, and prayer. She explains that we must discover our own inner Divine Essence or Presence if we are to be truly happy in this life. Her job is to awaken the Divine Essence or Presence within us, while we lead normal lives.

We are all Divine. It's just that we forgot. So, sometimes someone has to come and remind us of the purpose of our life and why we want to practice meditation.

Asur'Ana asks no one to follow her. She simply offers her own enlightenment as an example, so that others may gain their own Ultimate Liberation.

Asur'Ana offers you a way to know yourself, to find out where you come from, to remember your mission here on Earth, to discover the secrets of the Cosmos, to understand why there is so much suffering, and to see what awaits us after our Spiritual Ascension and Enlightenment.

Asur'Ana offers Initiation to sincere individuals longing to know God and their Divine Nature, into the Inner Light and Sound Meditation. These inner experiences have been repeatedly described in the spiritual literature of all the world's religions since ancient times.

A Master is one who has the key for you to become a Master ... to help you realize that you are also a Master and that you and God-Source are also One.

We are separated from God-Source because we are too busy. If someone is talking to you and the telephone keeps ringing, and you are busy cooking or chatting with other people, then no one can get in touch with you. The same thing happens with God-Source who is calling every day, and we have no time, and keep hanging up.

The inner Sound is the Word referred to in the Bible: *In the beginning was the Word, and the Word was God.* ... For example, the Christian Bible states, In the beginning was the Word, and the Word was with God, and the Word was God. This Word is the Inner Sound. It has also been called the Logos, Shabd, Tao, Soundstream, Naam, or the Celestial Music.

The inner Light, the Light of God, is the same Light referred to in the word *enlightenment*. Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The Word or Inner Sound vibrates within all life and sustains the whole Cosmos. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst.

Inner Sound is all powerful and all Love. It is because we are made of this Sound, that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.

Let us Now Begin Our Inner Light Meditation

1. Choose a place and time for Meditation Practice. Meditation can be practiced at any time and at any place we wish.

However, when we first begin to meditate, it is best to sit in a clean and quiet space, free from the noise of cellphones and television, and away from other noisy activities. The Masters encourage meditation in the quiet early morning (before breakfast), and before retiring for sleep.

2. Choose a comfortable position. Meditation begins with first making our body still, by choosing a position that is comfortable either sitting in a chair (both feet flat on ground) or in a cross-legged position with spine erect (keeping spine, head, and neck aligned naturally).

3. Concentrate at the Third Eye Center in the middle of your forehead. From there, look right into the center of whatever comes in front of you; from within, not outside.

4. Notice any light that appears on your inner vision. The light may appear as little particles, patterns, images, colors, etc.
5. Gently focus on the light in front of you in a relaxed manner. Do not try to focus too hard. If you only see darkness, let it be okay. Just gently focus on whatever comes in front of you.
6. Now repeat silently and continuously the 5 Holy Names of God while gazing lovingly in the middle of your forehead:

I will sing the 5 Holy Names of God:

Jot Nirangan...OngKar...Rarankar...SoHang...SatNam...

Alakh Purusha...Agam Purusha...Anami Purusha...

The second part of the Meditation involves listening to the Sound Current

1. Sit on a meditation mat or cushion with your knees bent, resting your arms on the knees, and putting the thumbs in the ears. This will shield you from the exterior world so that you can listen to the inner Sound. (Please have your thumb nails trimmed so that they are not too long to do this meditation.)
2. The focus of your attention is at the Third Eye, between and behind the eyebrows. Listen to the inner Sound Current coming at first from the right side and ultimately from the top of the head (The Heavens) This Sound is the Voice of God and is referred to in the various scriptures as the Holy Word, Naam, Shabd, Naad, and Kalma.

It is the Creative Impulse that brought all of Creation (Millions of Universes, Galaxies, and Solar Systems) into being.

Our Soul being of the same essence as the Sound Current and God, is attracted to the Celestial Melodies, by which the Soul can travel on through the inner spiritual regions.

3. During the Inner Sound practice of the second part of the Meditation, the 5 Holy Names of God are not repeated. Instead, all of one's attention is on the Third Eye. You simply sit and listen for your unique Inner Sound Current.

You may practice the Inner Light Sound Mediation as many times per day as you wish.

YouTube Link:

<https://www.youtube.com/watch?v=g49v4m3wt9U>

