

# H.P.B.'s "Diagram" of Meditation<sup>1</sup>

- First conceive of UNITY by Expansion in space and infinite in Time. (Either with or without self-identification).
- Then meditate logically and consistently on this in reference to states of consciousness.
- Then the normal state of our consciousness must be molded by:—

## ACQUISITIONS:

- Perpetual Presence in imagination in all Space and Time. From this originates a substratum of memory which does not cease in dreaming or waking. Its manifestation is courage. With memory of universality all dread vanishes during the dangers and trials of life.
- Continued attempt at attitude of mind to all existing things, which is neither love, hate nor indifference. Different in external activity to each, because in each the capacity alters. Mentally the same to all. Equilibrium and constant calm. Greater ease in practicing the "virtues,"<sup>2</sup> which are really the outcome of wisdom; for benevolence, sympathy, justice, etc., arise from the intuitive identification of the individual with others, although unknown to the personality.
- The Perception in all embodied beings of Limitation only. Criticism without praise or blame.

*Acquisition* is completed by the conception "***I am all Space and Time.***" Beyond that... (It cannot be said).

## DEPRIVATIONS:

Constant refusal to think of reality of:—

- Separations and Meetings. Association with Places. Times and Forms. Futile longings. Expectations. Sad memories. Broken-heartedness.
- The Distinction. Friend and Foe. Resulting in absence of anger and bias. (Replaced by judgement.)
- Possessions. Vanity, Remorse. Greed, Selfishness, Ambition.
- Personality. Vanity, Remorse.
- Sensation. Gluttony, Lust, etc.<sup>3</sup>

These deprivations are produced by the perpetual imagination — without self-delusion\* — of "I am without;" the recognition of their being the source of bondage, ignorance and strife.

*\*There is no risk of self-delusion if the personality is deliberately forgotten.*

*Deprivation* is completed by the meditation: "***I am without attributes.***"

General Note:

All the passions and virtues interblend with each other. Therefore the diagram gives only general hints.

{Editor's Notes:

1. "Apparently the diagram was part and parcel of esoteric instruction of H.P.B." as recorded by E. T. Sturdy. *The Inner Group Teachings of H. P. Blavatsky*, p. 130. Reformatted from original. Bolding added.
2. The PÂRAMITÂS: *Dâna* (charity and love immortal), *Śîla* (harmony in word and act), *Kshânti* (patience sweet), *Virâg'* (indifference to pleasure and to pain, illusion conquered), *Vîrya* (dauntless energy, fighting to supernal TRUTH), *Dhyâna* (ceaseless contemplation of BE-ing), *Prajñâ* (which makes of a man a god, a Bodhisattva). See *The Voice of the Silence*, pp. 47-48.
3. The Seven Deadly Sins: Pride (vanity), Greed, Wrath, Envy, Lust, Gluttony, and Sloth.}