

Transmission Meditation

for Body and Soul

Sheila Forester, for Share International

A New Age Service and Dynamic Aid to Personal Growth

Meditation has existed for thousands of years, particularly in Eastern traditions, but it has now become mainstream in the West. Science increasingly suggests that meditation supports our health and well-being on all levels: physical, emotional and mental, for example by supporting immune function, reducing stress and improving concentration. Nobel Prize winning biochemist Elizabeth Blackburn at the University of California has shown that meditation can positively slow aspects of cellular aging.

Beyond these well-documented health benefits lies meditation's deeper purpose—spiritual nourishment. Each time we bring the mind to stillness, we can connect with and experience the soul, that divine energy center which is our true essence. Author and motivational speaker Wayne Dyer stated, “the soul can be found in the gap between our thoughts.” Meaning, by regularly quieting

the mind, we can enter the domain of the soul itself. And within that divine inner space, we can experience indescribable bliss, joy and a profound sense of peace. I believe we are inherently ‘wired’ to meditate, and there are countless approaches available today. Just find a meditation that resonates with you and commit to it.

Often people who attempt to meditate for the first time are discouraged by how busy and seemingly uncontrollable their thoughts are and so give up after only a short period of time. However, meditation is like anything, the more you do it, the better you become at stilling your thoughts. The personality often resists, insisting you have no time to meditate even if it is for just 15 minutes a day. Governed by the Principle of Activity, the personality knows itself through movement—movement of thoughts, of feelings, of physical activity. As meditation slows down this movement, the personality views it as a prescription for its own demise. Yet it is the soul that calls us to meditate so we can connect and align with its higher nature. Through meditation, we remember who is in charge... the soul. Another obstacle for many people is the distraction of this noisy,



busy modern life which can create a barrier between the personality and the soul. Consistent meditation will dissolve that barrier, and become a bridge between the two. That's the real power and benefit of meditation and is foundational to anyone who seeks to live a spiritual life.

As soul contact increases through meditation, most people feel the natural urge to serve because service is intrinsic to the soul's nature. A simple yet potent practice, which is both a meditation and a service, is Transmission Meditation. In this Aquarian age—a time of group consciousness and greater capacity to love and serve others—Transmission Meditation is an activity that fits the bill. Transmission is a group meditation, where all are welcome, always offered freely, and designed to transmit positive, transformative spiritual energies for the benefit of humanity and the planet. [Transmission: A Meditation for the New Age](#), by Benjamin Creme, is a handbook for those ready to integrate meditation and service into their daily lives.

Most meditations offer a technique to give the mind a specific focus. In Transmission Meditation, that focus is the Ajna center, the sixth major etheric chakra located between the eyebrows. By concentrating there, one aligns with the soul and acts as a channel, stepping down spiritual energies for the good of all. This practice is considered one of the most potent

forms of meditation available today and can enhance any other spiritual discipline you may already have in place.

While its primary purpose is world service, Transmission Meditation has a wonderful secondary effect on the group itself. As soul contact increases, many people find it easier to experience and demonstrate love and compassion. Others report that their mind is more stimulated and creative. Many find a stronger sense of purpose.

Transmission Meditation, now in 40 countries with more than 600 groups, are richly diverse with people from all backgrounds who have found a door through which they can step on to a path of service to the world, that at the same time transforms their personal lives. Largely unseen and unrecognized, these groups form a quiet network of Light around the planet. ■

To learn more about this simple yet powerful meditation, visit [Transmission Meditation.org](http://TransmissionMeditation.org).

To join this network of Light, contact Sheila at info-mw@share-international.us or call (412) 444-2990.

Sheila Forester is a longtime meditation practitioner, writer, and volunteer with Share International USA. She has facilitated Transmission Meditation groups since 1990 and writes about meditation and service as cornerstones for spiritual living.

TRANSMISSION

A Meditation For The New Age



Benjamin Creme



Benjamin Creme [1922–2016] was a Scottish artist, esoteric writer, and editor of Share International magazine. He introduced Transmission Meditation to the world in 1974.