

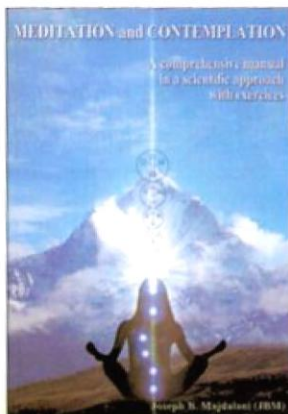
Mediation and contemplation by Joseph B. Majdalani (JBM)

A comprehensive manual in a scientific approach with exercises *Mediation and Contemplation* is the forty-fifth star in the constellation of the esoteric publications in Arabic and English written by Dr. Joseph B. Majdalani (JBM) and published by the Society of Friends of the White Knowledge, Beirut.

It is the third book in this series, and it comprises 156 medium-sized pages.

Mediation and Contemplation unfolds the inner technique in two parts: mediation is the first; contemplation, the second. Both parts represent a way for inner growth and self-development through enhancement of consciousness. The analysis of consciousness, and the interpretation of consciousness is vibratory in nature, in acts, reactions and interactions with other sympathetic vibrations, creating a harmonious state of awareness on any level, depending on the state and the intention of the individual concerned.

Mediation and Contemplation explains that in esoteric practices, meditation is incomplete without contemplation, and contemplation is void without meditation, contemplation being the analysis and interpretation of whatever one has arrived at through mediation. The reader will find in the book the technique of contemplation and



The cover of the book

guidelines on how to be highly receptive and hypersensitive to vibratory impressions and cosmic impulses.

This may explain why the results of meditation are as infinite as the process of the division of cells. Meditation is too vast a term to be confined in a single volume. It includes countless facets of meaning, some of which may be far-fetched to the uninitiated, yet the

book addresses all levels in simple terms, proving that meditation is a primary goal for those who seek self-development, which it describes as the inner search for knowledge, the tapping on the door of self to reach beyond the self, while delving into higher meditations, immersing oneself in the unknown to make it known.

The book explains the proper art of knowing how to be alertly tranquil, as the entry to the science of consciousness, for meditation is the infrastructure of the Esoteric Sciences, as well as the cornerstone of any occult or mystical work.

What is exceptional in this book is its vast scope, addressing all types of seekers, whether they are aspiring to inner peace and spiritual nourishment, or anticipating answers to their question through meditation, or seeking to be enlightened with new ideas, or to be imbued with powers through intense vibrations, or acquiring

thought transference, clairvoyance or other psychic abilities known as extra-sensory perception.

A section is dedicated to explaining the role of the instructor, who will guide the explorations and supervise the inner development. Also, *Mediation and Contemplation* explains how, during advanced stages, the instructor will enlighten the aspirant on how to awaken the dormant psychic powers within, how to direct them mentally by conveying "intuitive ideas" by achieving "invisible contact", by practicing "distant healing", by rendering "unseen assistance", in addition to "astral voyages"... plus several other remarkable achievements. All this is done without the least interference with the daily business affairs. Not to mention that the practice of meditation would lead to success in business affairs.

The book enlightens the readers in its thought-provoking explanations and examples on what true spiritual adepts can achieve by means of professional meditation. It imparts the sacred knowledge which the spiritual masters have taught for centuries about thought-transference, telepathy, paranormal healing, revelations of former lives, reading "invisible", sheets and manuscripts, access to the Akashic Records or Cosmic Chronicles, manifestation in two places simultaneously, communication, achievement of Nirvana and other attainments through the supreme stages of meditation.

It is clearly noted that the author has mastered the art of discerning between intelligence and intellect, the inductive and the analytical,

the esoteric and the mental, the impressions of consciousness, and the interpretation of these; and between meditational focus and the thoughts produced by contemplation, yet harmonizing these dualities in one unified process of inner development and the growth of being encompassing all facets of life. ■