



Dr. Neil Tessler's

meditation

for body, mind and spirit



Program Notes

Dr. Neil Tessler

UNIQUE HOLISTIC

s o l u t i o n s

Unique Holistic Solutions provides information and consultation for those who aspire to improve the quality of their health and well-being. Skype/FaceTime consultation are available.

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Introduction

What does meditation have to do with naturopathic medicine? If we understand health as a state of the person as a whole, it is easy to appreciate how meditation is a perfect complement to a holistic view of wellness. Cultivating an inner point of grounding and stillness is essential in an age when many sources of stress are playing on us more or less constantly. Yet even if one's life circumstances were ideal, meditation would still be a wise practice to cultivate, as modern research has verified many direct physical and emotional benefits. Of course there are the proven anti-stress benefits to meditation, yet there is much, much more. Would you like to slow the aging process, improve brain function and immunity? These are a very few of the many benefits that are available with meditation.

There are also benefits that are more subjective, as meditation is a path of personal development and inner exploration, slowly bringing us to the deeper mysteries of our essential nature beyond all of the identities woven like a coat through circumstances of birth. Our name, family, nationality, ethnic identity, religion, etc., become who we believe ourselves to be. Meditation can show us how to remove this coat and discover our true nature.

My interest of diet and health developed alongside my involvement with yoga and meditation. Similarly, I first experienced homeopathy in India in 1974, while at an ashram or meditation retreat. Meditation and caring about how best to cultivate good health, have always been for me, a part of an integrated view of wellness. Back home from my first trip to India, I read a book about homeopathy which deeply resonated with my sense that it was the condition of the person as a whole more than the diagnostic label, that was essential to choosing the best path to address health concerns. Body and mind, physical, emotional and mental health, are one continuous interactive field and my long practice of homeopathy has provided evidence of this on a daily basis.

When we embrace health as a whole person state, we are naturally led to consider personality and personal psychology in more depth, specifically our own. A study of our contradictions and dark corners, the very nature of ego and personality, leads eventually to questions about our innermost nature. Who am I when I take off all of the identities that I wear? For the most part we are simply absorbed in the whole play of the five senses and completely identified with it, and yet somehow like a Great Eye, in the deepest, rarely glimpsed parts of ourselves, we are the pure attention simply watching the play unfold. Deep Meditation is where most people will gain glimpses of that

unbound awareness, an actual experience of the Eye that just sees, without identity or body. Exploration of our nature and the experience of meditation can help us realize a more relaxed, compassionate and less ego-bound view of ourselves and others.

Naturopathic medicine is a safer, more positive approach to supporting physical wellness by stimulating the body's natural self-healing capacity. Homeopathy adds to positive health practices, a method that peers into the subtle patterns and sensations that unite body and mind and span generations. Meditation offers the opportunity to leave aside both body and mind, and experience stillness and the inner experiences and awareness that may come when we suspend the incessant outflow of our attention through the five senses and the sensory input acting on us.

Meditation can be of great value for children, and this has been well supported by the impressive outcomes reported by public schools that have introduced meditation programs. Less aggression, better attendance and improved performance are common outcomes in this setting. Between the ages of five and ten, my daughter and I had a nightly ritual that began with reading a Russian or Norwegian fairy tale which we would then discuss. There was much to learn about life from these ancient teaching stories. After our reading and discussion, I would guide her into Jyoti Meditation. With eyes closed she would share with me her inner experiences just before falling fast asleep. This process deepened our relationship and, I believe, has had a positive and lasting influence in her life.

Program Acknowledgments

The recording of the meditations and the accompanying music was the original work of singer, pianist and recording artist, Julie Blue, who created a wonderful, welcoming space and sound. Ed Johnson, sound engineer, professional musician, and longtime friend, recorded the accompanying talks, and put it all together into final sonic form. Julie and Ed are both skillful pros and it was a great joy to be able to have an alliance with them in this process.

Three Meditations

How to Use the Meditations

Each meditation accompanies in turn the first three talks. After the first three talks, the Jyoti Meditation has been attached to each of the subsequent talks, though you have the freedom to choose according to your preference as the meditations also come separately. Each guided meditation includes ten minutes of silent practice accompanied by music.

Breathing and Grounding

This meditation teaches yogic breathing and is designed to help achieve a centred, integrated state of calm throughout the body and mind. It will be of value for counteracting anxiety and stress, as well as cultivating a daily entering ritual. Periodically bringing your entire physical and psychological system to a place of calmness and unity has many physical and psychological health benefits.

Jyoti Meditation:

Breathing for centring and integration followed by an experience of Jyoti Meditation, meditation on inner light. This is an advanced meditation method for achieving profound inner stillness and opening the door to inner spiritual awakening. In Jyoti meditation we learn to concentrate at the seat of awareness in the body, the Ajna Chakra or Third Eye. One discovers the yogic stages of Pratyahara (withdrawal) Dharana (focussing), with the possibility of experiencing Dhyan (absorption) and Samadhi (transcendence, the awakening of inner vision).

Grounding and Jyoti Meditation

Breathing for centring and integration with a grounding meditation that connects us to the earth. This is followed by Jyoti Meditation.

Twelve Meditation Talks - Synopsis

1) **Introduction to Meditation:** Introduction/posture for meditation/best time for meditation/regularity/objections to meditation/ways to help out the mind.

2) **Why Do We Meditate:** Balance/poor cultural habits/ objections again/ meditation and escapism/scientific benefits/meditation and personal development/meditation and spirituality/meditation and the mind.

3) **The Use of a Mantra:** An introduction to the topic of mantras with examples from Christian, Islamic and Tibetan traditions with discussion of their meaning.

4) **“The Word Made Flesh”: The Padmasambhava Mantra of Tibet**

5) **Mantras of the Hindu and Sikh Tradition**

6) **Discovering Our True Identity:** How we forget and return to our true nature/ discarding prejudice/the universal experience of light.

7) **Stretching:** Our potential and our limitations/ consciousness in different life forms/ the desire for self-knowledge/my favourite movie.

8) **What Does It Mean to Grow:** Conscious growth vs. normal maturation/ indications of maturity/helping factors/the role of meditation in self-care.

9) **The Power of Creativity:** Feeling awareness/tools for accessing deep emotion/importance of creativity.

10) **Who Sees When the Mind is Still:** Locating the Self/anxiety and meditation compared/*Vrittis*/more benefits of meditation.

11) **The Eight Limbs of Patanjali’s Yoga**

12) **The Energy in the Shadow:** The world as a mirror/the structure of the personality/the Shadow/the path of ascent and the path of descent.

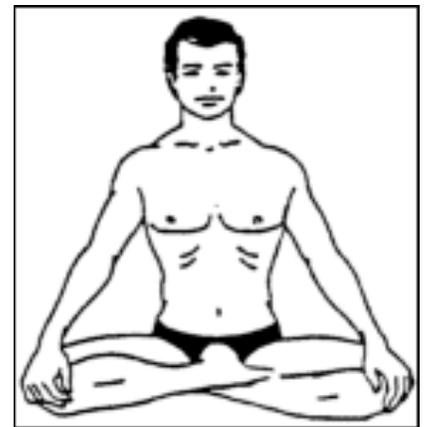
Sitting Postures

Meditation can be done in any posture that you can sit comfortably without moving for a period of time. Here we are indicating the two most comfortable and powerful sitting postures. There are advantages to these postures in that they have a natural centring effect.



Sukhasana. Cross the legs with one legged tucked and the other resting comfortably in front of the other.

Siddhasana. The foot that is front is tucked up with the last third or so of the foot tucked between the calf and thigh. It does not need to be as perfectly aligned as the image.



Mantras from Different Traditions

Mantra is a Sanskrit term for a word or phrase that is used to help maintain internal concentration while in meditation. In the spiritual traditions a mantra may be repeated at any time of the day or night to support remembrance and connection with the spiritual essence of life. The following mantras are discussed in meditation talks three through five.

Mantras of the Christian Tradition:

Jesus Christ Son of God Saviour



Hail Mary full of Grace



Mantras of the Jewish and Kabbalah Tradition:

Shema Yisroel Adonai Elohanu, Adonai Echud

(Hear o Israel, the Lord our God, the Lord is One)



Shalom Aleichem

(Peace be with you)

שְׁלוֹם עֲלֵיכֶם

Yod He Vau He

יהוה

Mantras of the Islamic and Sufi Traditions:

la ilaha illallah

(There is no God but God)



Allahu Akbar

(God is Great)



Allahu Haq Allahu

(God is Truth is God)



Mantras of Tibetan Buddhism:

Om Mane Padme Hum

(The Jewel in the Lotus)

Pronounced *Om Mane Pema Hung*

ཨོཾ་མཎི་པདྨེ་ཧཱུྃ།

Om Ah Hum Vajra Guru Padma Siddhi Hum

(Supreme Essence emerging as the Radiant Guru, Lotus like, perfect in power, fully manifested)

Pronounced *Om Ah Hung Vajra Guru Pema Siddhi Hung*

ཨོཾ་ཨུཾ་ཧཱུྃ། བརྩ་གུ་རུ་པདྨ་སྲི་གཏུག་ཨུཾ།



Mantras of Hinduism:

Soham

(Though art the very essence of God)

सोहम्

Om Namah Shivayah

(An honouring of Shiva, destroyer of illusions, as a form of the creative essence)

ॐ नमः शिवाय

***Aditya Hridayam Punyam,
Sarv Shatru bina shenam***

(All evil vanishes from life for those who keep the luminous light in their heart)

॥ आदित्यहृदयम् ॥

Om Bhur Bhuva Svah

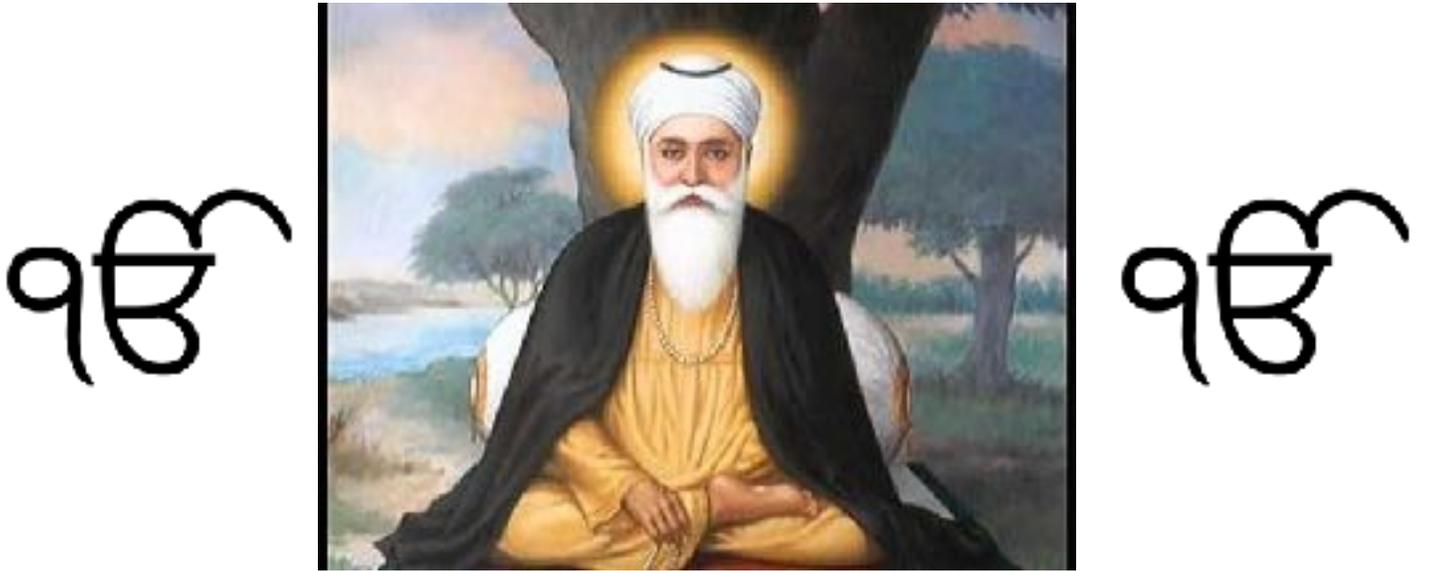
(Our awareness is given over to the Word, the primal essence)

ॐ भूर्भुवः स्वः ।
तत् सवितुर्वरेण्यं ।
भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Mantras of the Sikhs:

Ek Onkar Sat Naam

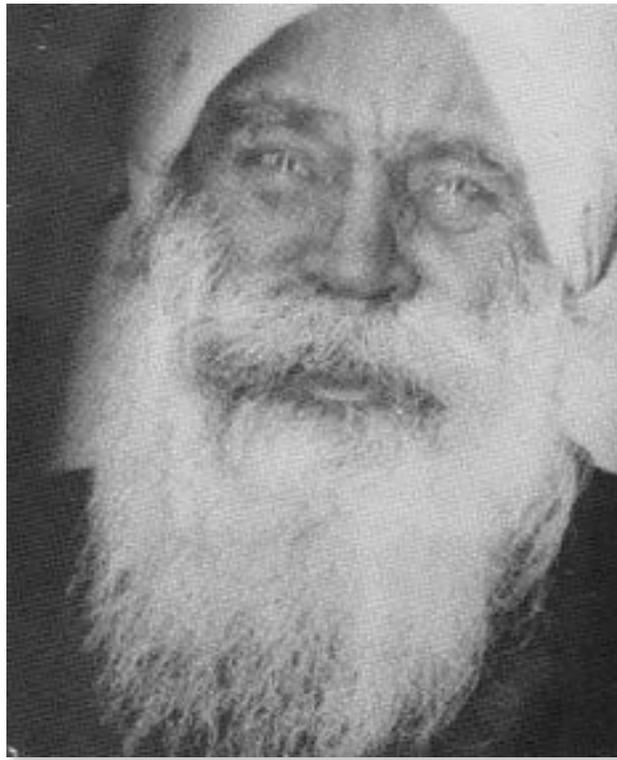
(There is One Reality, the Absolute Consciousness Manifested)



Guru Nanak Dev

Sat Naam Wahe Guru

(Thy name is Truth, Wondrous Guru)

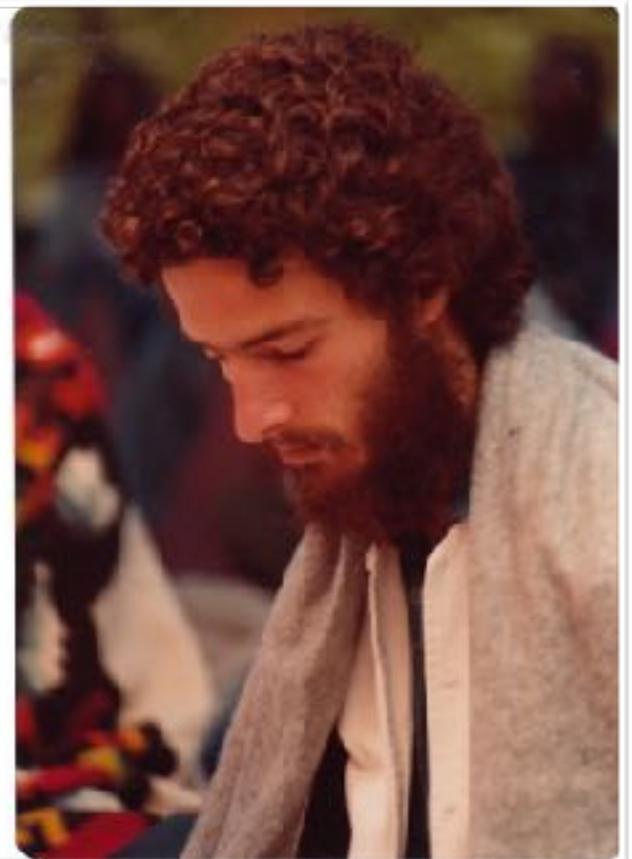


Dedicated to Sant Kirpal Singh Ji Maharaj
(1894 - 1974)

Dr. Neil Tessler began studying Eastern meditation traditions at an early age, culminating in his initiation by Param Sant Sat Guru Kirpal Singh Ji Maharaj on November 11, 1972. Subsequently, he visited India to be with Sant Kirpal Singh and later his spiritual successor Sant Darshan Singh Ji Maharaj. Dr. Tessler continues his practice under the guidance of the present Master of the Surat Shabd Yoga/Sant Mat tradition, Sant Rajinder Singh Ji Maharaj.

Dr. Tessler has done extensive studies of both Eastern and Western esoteric and spiritual traditions as well as humanistic psychology. He previously led a lecture series titled, *Modern Problems, Ancient Answers* to shed light on the relevance of the esoteric traditions to the modern world.

He has also authored several papers based on his study of the Sant mat tradition, including **Sophia's Passion: Sant Mat and the Gnostic Myth of Creation and Crisis** and **Renewal: Succession in Modern Sant Mat History**. Both are available free on Scribd.com.



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CONNECTING WITH DR. NEIL TESSLER

1) Appointments in person or via Skype. Appointments can be arranged by going to:
<http://www.uniqueholisticsolutions.com/appointments>

2) Speaking Opportunities: Dr. Tessler is available to speak to your team, company, event or conference.



About Dr. Neil Tessler

Dr. Neil Tessler is a naturopathic physician specializing in homeopathy since 1983. He is a Diplomate of the Homeopathic Academy of Naturopathic Physicians since its founding year, served as Editor of the Academy's international journal, Simillimum, for six years, and five years as President. He taught for fourteen years at the Vancouver Homeopathic Academy and has written and lectured widely on homeopathy and natural medicine.

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