



RETROSPECTION AND CONCENTRATION EXERCISES

Having recently received this interesting video that shows a bold and ingenious commercial about a Japanese car advertising, which was developed through an idea that involves basic principles of physics such as energy in two of its manifestations - the kinetics and potential ones, it came to my mind a conference imparted just days ago by a dear visitor to my country, a member of the Rosicrucian Fellowship, Mr. Richard Koepsel.

While discoursing on the enormous potential and spiritual efficacy of daily concentration and retrospection exercises, he said in one of his reflections that the Universe in its most-last essence, is an IDEA, and therefore the mystery of Life itself and Evolution derives from such timelessness. These exercises, supported and efficiently carried out, have an inconceivable kinetic energy and potential, for they are cosmological exercises provided by the Elder Brothers to our integral development and its practice lifts us from matter,

through the World of Concrete Thought and then to the Abstract one, to the realm of the Life Spirit and beyond, in worship, to the World of the Divine Spirit. Although seemingly easy to accomplish, we all know that they are not such and sometimes we do believe that their results are not immediately looming and therefore they would appear as useless.

As in the attached video, any persistent and consistent effort well done in that direction, slowly but surely will lead us to the goals of love and service from the Spirit and will create our soul matter, so necessary for the conscious work on the higher planes and as Invisible Helpers in the making. Let us try with all our heart and our will to practice these sacred exercises daily, persistently and relentlessly despite any temporary failure and step by step will reach spectacular results and will peremptorily calm and full of joy we will proclaim, as in the Honda commercial:

WHEN THINGS JUST WORK

<http://www.youtube.com/watch?v=v5rlhEkmbc4&feature=related>

A joyful and spiritual Christmas Seasons.

José Mejía

December 23th, 2011