

# Meditation – The Secret of Success

by Hriman McGilloway

Thanks to the media sensation known as The Secret, people are talking about the Law of Attraction as the secret to manifesting material success. But the power of attraction has its source in the power of magnetism.

Magnetism ranges from the darkly evil to the saintly and everything else in between. Adolph Hitler and Mahatma Gandhi could each enter a room and all conversation would stop. Both lost their lives in pursuit of their goals. But the magnetism of the one incited hatred and violence; the other, peace and harmony.

Paramhansa Yogananda (author of *Autobiography of a Yogi*) described electricity as “the animal current” in the spiritual world. Science tells us that the stronger the current of electricity through a wire, the stronger the electromagnetic field that surrounds it. This describes accurately how personal magnetism is developed.

To quote Yogananda further: “The greater the will, the greater the flow of energy.” Swami Kriyananda, direct disciple of Paramhansa Yogananda and founder of Ananda added: “The greater the flow of energy, the greater the magnetism.” As “like attracts like,” one soon finds opportunities, ideas, and people supportive of your endeavors drawn to you as if by some hidden force.

But we are often of two minds, aren't we? Swami Kriyananda tells the story of a bus that got stuck in a riverbed in Pakistan. The passengers got out and began to push, but the bus didn't move. When the driver stepped back to assess the situation, he saw that half the passengers were pushing one way, half the other!

What if Mahatma Gandhi decided that his family's need for security meant he could only spare his cause, say, one day a week? What if Thomas Edison gave up looking for the tungsten filament after just a few tries?

In addition to commitment is another key: non-attachment. Years ago I met a man who had already founded a number of technology enterprises. You'd never know he was wealthy if you met him. Bubbling with creativity, useful inventions were his passion; money was but a detail.

Howard Hughes, once the richest man in America, was asked whether he was happy. “Nah,” he drawled, “I can't say I'm happy.” Ian Fleming the British writer (inventor of the character James Bond) once said of fame: “At first I thought it was great. But, now, I see it's ashes old boy, just ashes.” Who among the rich, famous, and powerful declare, after a lifetime, that they have found true happiness in their fame or wealth? None! Each week the supermarket tabloids bring us their stories of love betrayed, reputations and fortunes ruined. Attachment, pride, and ego-involvement set the stage for their compensatory loss or disillusionment.

Yet Howard Hughes wasn't condemned to unhappiness because of his money. Mahatma Gandhi may have renounced personal wealth but he often joked how much trouble his friends went through to keep him in “poverty!”

“Ok,” you ask, “Where does meditation fit in?” Meditation also depends upon commitment and non-attachment (relaxation) but it acts directly upon our consciousness. Mental clarity and access to intuitive inspiration and feeling are the sources of the energy and power by which we manifest things on the material plane. Indeed, the universal teaching of metaphysics is that consciousness is the source of all creation. Even science has gone at least so far as to say that matter is but a manifestation of energy. It is not a difficult next step to cognize the intelligence guiding that energy.

As a meditation teacher, I'd be the last one to suggest using meditation to get rich. For it is

another universal truth that happiness lies within us, not outside ourselves. Jesus Christ proclaimed it in these words: “The kingdom of heaven lies within you.”

Still, Spirit did not manifest creation to condemn it, but, rather, paraphrasing the Hindu scriptures, that “He might enjoy Himself through many.” Again in the words of Jesus, “Seek ye first the kingdom of God... and all these things shall be added unto you.”

We too often mistake the form for the spirit behind the form; the gift of creation for the love of the creator. We don't mind if a child, receiving a gift, takes for granted the love of the giver in his excitement over the gift. But an adult? God wants us to enjoy his creation as a reminder of — not a distraction from — his presence and love. Daily meditation is literally mind-full, bringing us back into align-

ment with God's divine intention and presence.

Thus, if we live to share joy and creativity, and not merely to find it (as if we had somehow lost it), will not divine power flow through us? Cannot such power be but magnetic, bestowing both success and soul satisfaction together?

In 2004, Swami Kriyananda was inspired to write a home study course: *Material Success through Yoga Principles*. Here in the Seattle area, publisher Krysta Gibson has created a course she calls *The Entrepreneur's Toolbox*, designed to help small business owners achieve success in attunement with high ideals. Both seek to show that high ideals and practicality can work together to yield success on all levels.

A powerful illustration of these practices can be seen in the beautiful blue-tiled, eight-sided meditation temple in Bothell. Built by members and friends of Ananda, the seed gift, which made its

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## Ananda Meditation Temple Dedication Ceremonies

All Are Welcome!



Saturday June 23, 11 a.m.

Swami Kriyananda, keynote speaker

Special Guests: B.S. Prakash, Consul-General of India, &  
Rosemary McAuliffe, Washington State Senator  
Free! Tours, music, refreshments and much more!

Other Weekend Events:

Play: *The Jewel in the Lotus*, Friday, June 22, 7:30 p.m. \$15.

Concert: *Windows on the World*, Saturday, June 23, 7:30 p.m. \$15

Sunday Service: June 24, 11 a.m. (note time!)

For tickets to the play and/or concert,  
call Ananda or East West Bookshops or purchase online at  
[www.brownpapertickets.com](http://www.brownpapertickets.com).



Ananda

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