



## Golden Flower Meditation – Living Immortality

**The Blossoming of the Golden Flower brings out the inner dimension of every religion and thus makes an elementary interdenominational contribution to world peace.**

### School of Meditation

*Peter Todesco explains the «Golden Flower Meditation» with understandable clear words. Now it is easy to learn and can be practiced everywhere in daily life, regardless of images, ideas or thoughts. It is always at hand in mind and body itself. This method seemed so far out of reach, because this kind of attention is unfamiliar to our mind.*

*The «School of Meditation» allows everybody to practice meditation.*

### Healing is the goal

*The aim of the «Golden Flower Meditation» is to restore the «original creative spirit» and to become a «self-realized human being». This knowledge is more original and more direct than the usual thinking or imagination of our conscious mind. The «connectedness with our higher self in the universal consciousness» is the core point of this healing method.*

*These «finer kind of awareness» is of central importance for the awakening of original awareness. Subtle inner vision and hearing leads us to the awakening in vivid immortal consciousness. It overcomes time and space and yet is as real as anything in the material world. Silence is the main entrance to our essence, to the «Presence of our Original Spirit».*

*The «Blossoming of the Golden Flower» opens a wide path to the unlimited source of intuition, creativity and inspiration. Once this force of spiritual development is awakened, it can be extended, renewed and deepened infinitely. Our feelings clarify, our life force is strengthened and thus body and soul are nourished, the subtle body is consolidated. The «Golden Flower Meditation» is a life-practical experience which is available to everyone and needs no dogmas.*

*Meditation is a spiritual self-healing process for body, mind and spirit.*

### The universal human being

*The «Golden Flower Meditation» awakens the limitless potential of the universal human being. Thus, it overcomes all obstacles of personal and cultural differences, but preserves the richness of one's individuality.*

*Spirituality is life within «Here and Now».*

*Spirituality has nothing to do with faith.*

*Spirituality is a way of life.*

*It's about the way we live and how we conduct our daily lives.*

*Meditation is the greatest gift  
you can give yourself and the world.*



## Golden Flower Meditation

School of Meditation

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**Meditation reconnects the meditators to their original consciousness and vitalizes what is not limited by birth and death and not by time and space.**

### Spirituality

*Spirituality in its widest sense means mindfulness, transcendence and mysticism.* Whoever decides to embark on the spiritual path takes his fate into his own hands. Mental clarity and noble mind will lead to inner peace, happiness and compassion.

*To live spirituality means to connect with the Infinite and Eternal, the Divine in ourselves, our innate nature.* Extended consciousness is directed equally inwards and outwards. If we reconnect body, mind and soul to their wholeness, liberating us from all limitations, this oneness in the long term can fully heal our bodies.

### Philosophy

*The «Philosophy of Immortality» poses the fundamental question about the meaning of our life.* We only can make our own contribution to this world when we are reconnected with the immortality in ourselves and recognize and live our soul plan out of this source.

*Meditation can only be truly understood in the context of a «Philosophy of Immortality».* Only on this basis meditation unfolds its full force and depth effect.

### Individuation

If we ask ourselves *«What do I want?»*, this question aims indeed to the deepest desires of our heart which are hidden beyond mind and ego. But before we find out what we really want, we have to ask ourselves *«Who am I?»*. This question leads us into the center of our spiritual heart, the heart of our soul and thus to the existential question *«Where did I come from?»*.

If we answer these questions with our living life, we nourish and cultivate the impulses of our heart and thus create a meaningful life in fulfillment of our destiny. Simply said it's about being connected with our true self in every situation of life and to live and act out from this bond according to our determination.

*With the «Golden Flower Meditation» from Peter Todesk, this connectedness with our essence, the «divine spark», can be maintained and deepened efficiently and sustainably.*

### Mystery of life and death

*In the «Golden Flower Meditation» we explore our original thought-free mind.*

This form of meditation reveals the mystery of life and death. To love and to know is the foundation of our existence: *To be and to learn is the meaning of life.*

By regular exercising we are consolidating our subtle body and we learn the meaning and purpose of our existence: *Living in unconditional Love and vivid Immortality.*

*This realization brings great liberation and deep inner peace, it changes our live sustainably to better health, fulfillment and joy.*



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**Meditation gives us the opportunity to meet our invisible self and to dissolve forever the illusion of separateness through oneness with everything.**

### Sexual Power «Kundalini» in the traditions of Ayurveda, Yoga and Meditation

*Certainty of Immortality belongs to the basic knowledge of Meditation, Yoga and Ayurveda.* Yoga teaches us to lead our «sexual energy» [kundalini] from the abdomen into the higher «chakras» to connect it in the meditation practice with the «original spirit of creation» in ourselves and to revive all «energy centers» [chakras] from the skull to the pelvic floor with the «light of universal consciousness».

*«Responsible preservation of sexual power»* to activate life energy, strengthening higher consciousness and maintain «active steady attachment to the original spirit» are necessary conditions for the development of higher consciousness and spirituality.

*The «Golden Flower Meditation» directs the practitioner with clear instructions gently and safely and without asceticism or sexual abstention through the self-knowledge and self-healing process.* Heartbeat and breathing are reduced until mind and breath rest on each other. Then there is silence, light and peace and we can expand ourself to the limitless openness of our being.

*A disciplined meditation practice* in the midst of today's life, along with work and family, leads harmoniously to Recognition of the Eternal, to Rejuvenation, Enlightenment and Immortality.

### Historical tradition of the «Method of the Golden Flower»

*The «Meditation of the Golden Flower» further refined by the ancient Taoists was for the first time recorded in China 1692.* The western world came to know this famous alchemical treatise in 1929 in the German translation by Richard Wilhelm as *«Das Geheimnis der Goldenen Blüte»*, commented by his friend Carl Gustav Jung, (English, *«The Secret of the Golden Flower»* by Cary F. Baynes). Then in 1991 Thomas Cleary made this text for the first time fully accessible by his authentic and clearly explained brilliant new translation of the Chinese Original.

*The «Golden Flower» was practiced by many spiritual traditions in earlier times.* Mystics of all ages explored this path and explained in their notes and teachings that all people can achieve enlightenment and immortality regardless of faith or origin. In the scriptures of these traditions we still find evidence of these methods:

*«Arise, shine, for your light has come, and the glory of the Lord has risen upon you.»* Isaiah (740 BC)  
*«Stilling the fluctuations of the mind an coming to rest, deathlessness is found!»* Patanjali's Yoga Sutrās (200 BC)  
*«For now we see through a glass darkly; but then face to face.»* Bible, 1 Corinthians 13:12 (56 AD).

### The ideal consciousness technique for our time

*The scientific and pragmatic method of the «Golden Flower Meditation» liberates the conscious mind of its arbitrary and unnecessary restrictions by his mental entanglement with himself and makes the conscious individuals to a «partner of the whole creation.»*