

# Diagram of Meditation

Dictated by H.P. Blavatsky to E.T. Sturdy in London 1887-88

First conceive of UNITY by Expansion in Space and Infinite in Time.  
(Either with or without self-identification)

Then meditate logically and consistently on this in reference to states of consciousness.

Then the normal state of our consciousness must be moulded by:—

