

**CONTENTS**

MEDITATION 1 - MASTER IN THE HEART	2
MEDITATION 2 - RAJA YOGA – THE SCIENCE OF UNION	6
MEDITATION 3 – OBSTACLES TO UNION	9
MEDITATION 4 – HINDRANCE TO UNION - IGNORANCE	13
MEDITATION 5 – HINDRANCE TO UNION - HATE/ANGER	16
MEDITATION 6 – HINDRANCE TO UNION – ATTACHMENT/DESIRE	18
MEDITATION 7 – HINDRANCE TO UNION - PERSONALITY	21
MEDITATION 8 – COMMANDMENTS - HARMFULNESS TO HARMLESSNESS	24
MEDITATION 9 – COMMANDMENTS - FALSEHOOD TO TRUTHFULNESS	28
MEDITATION 10 – COMMANDMENTS - THEFT TO INTEGRITY	31
MEDITATION 11 – COMMANDMENTS - AVARICE TO CONTENTMENT	34
MEDITATION 12 – COMMANDMENTS - INCONTINENCE TO CONTROL	37
MEDITATION 13 – RULES - PURIFICATION	40
MEDITATION 14 - RULES - CONTENTMENT	43
MEDITATION 15 - RULES -FIERY ASPIRATION	47
MEDITATION 16 - RULES -SPIRITUAL READING	50
MEDITATION 17 - RULES -DEVOTION TO ISHVARA	53

## Meditation 1 - THE MASTER IN THE HEART MEDITATION

### Thoughts to Ponder Prior to Meditation:

The Yoga Sutras are the basic teaching of the Trans-Himalayan School to which many of the Masters of the Wisdom belong, and many students hold that the Essenes and other schools of mystical training and thought, closely connected with the founder of Christianity and the early Christians, are based upon the same system and that their teachers were trained in the great Trans-Himalayan School. (LOS, xv)

Forget not one important point. The Hierarchy itself is the result of human activity and aspiration; it has been created by humanity. Its members are human beings who have lived, suffered, achieved, failed, attained success, endured death and passed through the experience of resurrection. They are the same in nature as are those who struggle today with the processes of disintegration but who - nevertheless— have in them the seed of resurrection. All states of consciousness are known to Them and They have mastered all of them; They have mastered them as men, thus guaranteeing to humanity the same ultimate achievement. We are apt to look upon the members of the Hierarchy-as different radically from humanity, forgetting that the Hierarchy is a community of successful men, Who earlier submitted Themselves to the purificatory fires of daily living, working out their own salvation as men and women of affairs, as business men, as husbands and wives, farmers and rulers and that they know life, therefore, in all its phases and gradation. They have surmounted the experiences of life; Their great Master is the Christ; They have passed through the initiations of the new birth, the baptism, the transfiguration, the final crucifixion and the resurrection. But they still are men and differ from the Christ only in the fact that He, the first of our humanity to attain divinity, the Eldest in a great family of brothers (as St. Paul expresses it), the Master of the Masters and the Teacher of angels and of men was deemed so pure, so holy and so enlightened that He was permitted to embody for us the great cosmic principle of love; He thus revealed to us, for the first time, the nature of the heart of God.

These perfected men, therefore, exist; They are more than men because the divine spirit in them registers all stages of consciousness and awareness—subhuman, human and superhuman. This inclusive development enables them to work with men, to contact humanity at need, and to know how to lead us forward to the phases of resurrection. (EXH 472,473)

### ***The one Master is found within; it is the soul, the inner ruler, the thinker on his own plane.***

This one Master is a corporate part of the Whole, of the All-Soul. Each expansion of consciousness which a man undergoes fits him to be a Master to those who have not taken a similar expansion. Therefore—mastery being achieved—there is nothing (speaking in terms of the human kingdom) to be found except Masters who are likewise disciples. All are learners and all are teachers, differing only in degree of realisation. For instance:

- a. Aspirants to the Path are disciples of lesser disciples,
- b. Probationers on the Path are disciples of higher ones,
- c. Accepted disciples are the disciples of an adept and of a Master,
- d. An adept is the disciple of a Master,
- e. A Master is the disciple of a Mahatma,
- f. The Mahatmas are the disciples of still higher initiates,

- g. These in turn are the disciples of the Christ - the head of the teaching department,
- h. The head of the teaching department is a disciple of the Lord of the World,
- i. The Lord of the World is the disciple of one of 3 planet spirits who represent the three major aspects,
- j. These are again disciples of the solar Logos. (LOS, 53)

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

### 2. Meditation:

Always meditate upon a positive seed-thought. One that will expand your understanding of yourself, of others, of the world you live in, and that will enable you to understand more clearly, how the part is related to the Whole, or the microcosm to the Macrocosm. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**I press forward towards the goal of fuller service; I am the soul, whose nature is light and love and selflessness. (First Week)**

**I orient my mind towards the light, and in that light, I see the soul. I am the Plan, and am at-one with all that breathes. (Second Week)**

**I purify my astral life and know myself to be nothing but a channel for the love of God. And, in this potent body of the lower self, naught can exist which blocks the outgoing love of God to all I meet. (Third Week)**

**I stand erect through love and strength divine. I manifest the nature of a Son of God. Thus can I salvage those who suffer on the way of life, and lift the little ones. (Fourth Week)**

### **3. Build the Master in the Heart**

Then carefully visualise yourself and the Master to Whom you may be drawn—about the size of a quarter inch—within the circumference of the etheric heart center (located between the shoulder blades about three inches in back of the spine).

Do this with due and elaborate care and with the aid of the imagination and loving effort, working daily on these figures till they become to you very real, and their building and forming becomes almost an automatic part of your meditation process.

Identifying yourself within the image as the personality in process of soul-infusion, ponder on the relationship between these two tiny figures (you and the Master) and attempt to deeply feel their interplay as suffused with the divine characteristics of light, love and power.

Reaffirm in your consciousness the alignment between 'you' as the Ego on the higher mental plane and you as the soul-in-incarnation.

### **4. Distribution**

Sound the Great Invocation followed by the Sacred Word, three times, visualizing as you do so, the redemption of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month – throughout the day, reinforce the image of the Master in the Heart, by spending a few moments rebuilding the image in your mind's eye, and feeling the love of the Master.

## Meditation 2 - RAJA YOGA IS THE SCIENCE OF UNION

### Thoughts to Ponder Prior to Meditation

**OM is the Word of Glory**, and is the Christ in us, the hope of glory. It is the sound which brings into manifestation the incarnated soul, the Christ. It is the Word which when correctly understood and used, releases the soul from the limitations of form in the three worlds. The Guru or Master who leads a pupil up to the door of initiation and who watches over him in all the initial and subsequent tests and processes likewise represents the Word, and through the scientific use of this great sound He produces a certain stimulation and vitalisation in the centres of the disciple, thus rendering certain developments possible. (LOS 55,56 paraphrased)

**Raja Yoga is the science of Union** - the union of the separated human consciousness with its divine spiritual nature. Union (yoga) is achieved by subjugating the psychic nature, and restraining *chitta* (mind)

Chitta it is commonly called "mind stuff", but it is more than this. It is the very substance of manifestation itself - matter, infused with the living, intelligent spirit of God. *It is the field from which consciousness or soul arises.* God works with the higher correspondence of this mind-stuff and the forces of the mental plane and all the mental processes are the reflection of this higher mental substance.

Uncontrolled desire and an unregulated mind shut off the light of the soul and negate spiritual consciousness. Union is impossible as long as the barriers exist, and so we are asked to do the practical work required to liberate this light. Our task is to gain control of the *psychic nature* (the emotional body tinged faintly with mind - kama-manas); and prevent the mind from carrying on its restless perambulations, its mindless thoughtform building. In ordinary man the mind runs constantly, and as a result, chitta is in a state of constant flux and motion; mind is restless, uncoordinated and unfocused.

**The goal of Raja Yoga is to quieten the mind, stilling the mind modifications, so that mind can be used correctly. When mind is quiet, it is able to take on the colouring of the higher knowledge and reflect the higher realities. When chitta is restrained, then union between the higher and lower can take place. The Yogi knows himself as he is in reality - as Spirit.** (LH paraphrased from LOS)

**The Great Invocation:** is a potent solar instrument designed to bring about changes and needed readjustments in humanity. Its evocative power (now used by so many hundreds of thousands) and the sound of its mantric rhythm is increasingly attracting the forces of Light, Love and spiritual Power, with powerful effect. (LH)

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM

- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- Illumination*: recall any insights and summarise and ground them in your memory.

-----  
Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought. You may choose to meditate upon one word, phrase or sentence until eventually by the end of the month you are meditating upon the whole sentence, and all seed-thoughts

**OM, Raja Yoga is the science of Union. The goal of Raja Yoga is to quieten the mind. To what extent do I have quietness of mind? What do I need to do to bring about greater union within me?**

**When mind is quiet, it is able to take on the colouring of the higher knowledge and reflect the higher realities. I imagine what it would be like to have a quiet mind, coloured by higher knowledge and reflecting the higher realities.**

**When mind is restrained, the Yogi knows himself as he is in reality - as Spirit. I imagine myself with mind restrained and with knowledge of spirit.**

**OM is the Word of Glory, and is the Christ in us, the hope of glory. I see myself as the OM, with the Christ spirit revealed.**

## 3. Lower Interlude:

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights. It also completes the underlying exercise of building the antahkarana.

**4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, practise making your mind quiet, and then sounding an OM through your whole nature.

### **Meditation 3 - THE OBSTACLES TO UNION**

#### **Thoughts to Ponder Prior to Meditation:**

#### **1-30. The OBSTACLES to soul cognition are**

**BODILY DISABILITY:** an unhealthy or weak body.

**MENTAL INERTIA:** an undeveloped mind, the inability to think clearly. Remedy - develop the mind, train it to analyse and think clearly

**WRONG QUESTIONING/ DOUBT:** being too attached to the beliefs and opinions of the lower mind and those of authorities or theologies. Remedy - get rid of any limiting or separative opinions and beliefs.

**MENTAL CARELESSNESS:** an unstable mind which flits, is too restless, busy. Remedy -train your mind to be quiet, steady.

**LAZINESS/ SLOTH:** the mind is developed, the man knows what he has to do to progress in his spiritual life, but he is too lazy to put this into action. Remedy - draw up an ordered program of spiritual development, and stick to it.

**LACK OF DISPASSION (ASTRAL):** this is the major problem in the astral nature, and is probably the hardest of all the obstacles to overcome. Addicted to 'things', desire for material and sensuous things. This brings us back time and again into incarnation. Remedy - practise dispassion, non-attachment.

*The last 3 obstacles are the natural result of the previous six.*

**ERRONEOUS PERCEPTION:** this is because the ego is the perceiver and not the soul. Remedy - continue spiritual disciplines.

**INABILITY TO ACHIEVE CONCENTRATION:** therefore unable to meditate correctly and contact "the Plan". Remedy - practise concentration.

**FAILURE TO HOLD THE MEDITATIVE ATTITUDE WHEN ACHIEVED.** Remedy - persevere with the esoteric meditation technique which involves concentration, meditation, illumination.

#### **1-31. Pain, despair, misplaced bodily activity and wrong direction (or control) of the life currents are the results of the obstacles in the lower psychic nature.**

#### **Removing the Obstacles**

Patanjali gives seven occult methods to remove the obstacles, and the student should note that the instruction advises the use of one method only.

#### **1-32 To overcome the obstacles and achieve peace of chitta, the practise of one subject should be made.**

#### **1-33. ... the practise of sympathy, tenderness, steadiness of purpose, and dispassion in regard to pleasure or pain or towards all forms of good or evil.**

[Method for Body Disability.] It emphasises the right use of physical energy, which will then affect brain vibrations, and this will remove physical body limitations to the spiritual life.

**1-34 ... the regulation of the prana or life breath (pranayama).**

Harmonising the in-breath, out-breath rhythm quietyens the prana which affects chitta.

**1-35 ... through (right detachment) from the senses.**

As this method is practised, the perceiving consciousness will gradually assume more and more the position of onlooker, and shift slowly out of the realm of the sense vehicles into that of the "dweller in the body." From this elevated position one sees life more clearly.

**1-36 ... meditation upon Light and Radiance, so that knowledge of Spirit can be reached.**

At the centre of the "heart chakra" dwells Brahma. Meditating upon the "point of light within [the heart centre]" will eventually reveal a road which must be travelled if the student is to arrive at his goal.

**1-37 ... purification of the lower nature and so that it is no longer indulged.**

This is the major correction given for those in whom the passions dominate the life. The sacral centre is highlighted in this sutra, and it is particularly related to sexual desire. As desire thoughts arise, negate them. Think an opposite thought.

**1-38 ... using "dreaming" (creative visualisation) to make the necessary changes.**

Using the creative faculty to imagine how we could be, should be, if living a soul aligned life, is what the sutra is referring to. We need to think and act "as if", in the higher sense.

**1-39 ... Meditate on anything that is good, which is dearest to the heart.**

The student is instructed to study and ascertain whether that which is dearest to his heart is temporal and ephemeral, or whether it will lead to service and spiritual growth. If not, then the practise of right detachment needs to be applied to the objects of desire. Meditate upon goodness and love, and how these qualities can be used to help others.

## MEDITATION

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**"Oh Thou, Who givest sustenance to the universe.**

**From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.**

**That I may know the truth and do my whole duty, as I journey to Thy sacred feet." OM.**

## 2. Visualisation Exercise (this should only take a minute or so)

- a. Choose one obstacle which you believe you have and wish to work with.
- b. Very briefly realise how the obstacle prevents you from moving forward spiritually.
- c. Determine that you will eliminate the obstacle.
- d. Using your will and your powers of concentration, for a few seconds visualise yourself demonstrating the opposite, positive quality.

## 3. Meditation:

Follow the Raja Yoga Meditation Method.

- a) *Meditation*: analyse the seed thought, using "Sequential Thinking", until you gain a synthetic understanding.
- b) *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c) *Illumination*: recall any insights and summarise and ground them in your memory.

-----  
Ponder the following "seed-thoughts", endeavouring to find one or two that seem more relevant for you. Then meditate upon those thoughts for the rest of the month.

**Quietness of mind will come through the practise of sympathy, tenderness, steadiness of purpose, and dispassion in regard to pleasure or pain. I imagine myself expressing these qualities.**

**Quietness of mind will come through the regulation of the prana or life breath (pranayama). I imagine myself in perfect balance with the breath of life.**

**Quietness of mind will come through the practise of (right detachment) from the senses. For a quiet moment, I remain alert and aware as I observe any rising thoughts and emotions.**

**Quietness of mind will come through meditation upon Light and Radiance, so that knowledge of Spirit can be reached. What is the nature of Light and Radiance? Where do I experience these energies most in my nature?**

**Quietness of mind will come through purification of the lower nature and so that it is no longer indulged. What is it that I most need to purify? To what extent do I indulge my lower desires?**

**Quietness of mind will come through the use of creative visualisation to make the necessary changes. What do I need to change? What will my life be like if I make these changes?**

**Quietness of mind will come through meditating on anything that is good, and dearest to the heart. What are the qualities and actions that I think are most beautiful and good? What would my life be like if I radiated those qualities? What would the world be like if humanity radiated those qualities?**

### **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights. It also completes the underlying exercise of building the antahkarana.

### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

## Meditation 4 - HINDRANCE TO UNION: IGNORANCE

### Thoughts to Ponder Prior to Meditation

Ignorance is the cause of all the other obstructions whether they be latent, in process of elimination, overcome, or in full operation.” (Sutra 2:4). The field from which all the other hindrances arise, is ignorance. The human soul identifies with its vehicles, with the thoughts and desires they create, because it does not know any better. Ignorance is the root cause of man’s spiritual predicament, and of the pain he suffers. Raja Yoga students have overcome theoretically, being ignorant about their true spiritual nature. This now needs to become an established fact in everyday consciousness. (LOS paraphrased LH).

Ignorance is confusing the permanent, pure, blissful, the Self - with that which is impermanent, impure, painful and the not-self. (Sutra 2:5). This verse sums up the condition of every man from the savage stage up through all intervening conditions to the state of arhatship, in which the final fetters of ignorance are cast off. The reason evil exists, the reason selfishness and personal desires of any kind are evident, is found in the great basic condition which is the limitation of form itself, avidya or ignorance. (LOS 129)

### MEDITATION

#### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.**

**From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.**

**That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

#### 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
  - b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
  - c. *Illumination*: recall any insights and summarise and ground them in your memory.
-

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Avidya (ignorance) is the confusing of the permanent, pure, blissful and the Self, with that which is impermanent, impure, painful and the not-Self. To what extent have I freed myself from ignorance?**

**Raja Yoga students are no longer ignorant about their true spiritual nature. This now needs to become an established fact in everyday consciousness. What do I need to do now to become more spiritually aware?**

**When ignorance is brought to an end through non-association with the things perceived, this is the great liberation. I imagine that I no longer identify with things I see, but stand free and liberated.**

### **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, do not blindly accept what is presented or said to you – as the truth. Investigate until you are satisfied for yourself. Study your motives so that you can become more aware of whatever it is that motivates and drives you through life – less unconscious, more conscious.

## Meditation 5 - HINDRANCE TO UNION: HATE OR ANGER

### Thoughts to Ponder Prior to Meditation

The true yogi neither feels aversion or desire. He is balanced between these pairs of opposites. Hate causes separation, whereas love reveals the unity underlying all forms. Hate is the result of concentration upon form and of a forgetfulness of that which every form (in more or less degree) reveals; hate is the feeling of repulsion and leads to a withdrawal of the man from the object hated; hate is the reverse of brotherhood and therefore is the breaking of one of the basic laws of the solar system. Hate negates unity, causes barriers to be built and produces those causes which lead to crystallization, destruction and death. It is energy used to repudiate instead of to synthesize and therefore runs counter to the law of evolution.

Hate is really the result of the sense of personality and of ignorance plus misapplied desire. It is almost the culmination of the other three. It was the sense of personality and of extreme ignorance coupled with desire for personal gain which produced hatred of Abel in the heart of Cain and caused the first murder, or the destruction of a brother's form. This should be carefully considered, for hate in some degree, aversion to some extent, is present in every human heart. Only, however, when it is entirely overcome by love or the sense of unity will death, danger and fear pass out of the ken of the human family. (LOS 136,137)

### MEDITATION

#### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

#### 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**The true yogi neither feels aversion or desire. He is balanced between these pairs of opposites. How balanced am I between these two poles? To what extent do I hate, or forgive?**

**Hate causes separation, whereas love reveals the unity underlying all forms. Do I recognize when my thoughts are being contaminated by irritation or anger (forms of hate?) What can I do to train myself to think with love?**

**In the presence of him who has perfected harmlessness, all enmity ceases. I use my imagination to see myself as being harmless, and creating peace as I move through the day.**

### **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to free your mind, thoughts, words and actions, from irritation, dislike, or hate. Instead, look for beauty in nature, and beauty in others.

## **Meditation 6 - HINDRANCES: ATTACHMENT AND DESIRE**

### **Thoughts to Ponder Prior to Meditation**

“Intense desire for sentient existence is attachment. This is inherent in every form, is self-perpetuating, and known even to the very wise.” (Sutra 2:9) Life is all attachment in some degree or another, and the progress of the soul seems to be a gradual progression from one object to another, from the grossest to the finest, until all objects of attachment are exhausted.

Desire is attachment to objects of pleasure. These objects cover all the attachments which a man forms - from the savage state of infant humanity, to the occupations and reactions which the emotions or intellectual pursuits will offer, the rapture of the mystic, up to advanced degrees of discipleship. Desire is a generic term covering the outgoing tendency of spirit towards form life. (LOS 135,136 paraphrased)

Desire dominates and controls action when the life force is focussed in the desire nature, as it predominantly is with the majority of people. It cannot be controlled or transmuted when this is the case. The will is not sufficiently strong. When a man's life is run and controlled by the mind from mental levels, then transmutation does take place; transmutation (whereby the astral nature is changed and altered) may be of a spiritual nature or simply of an expedient nature. Desire may be transmuted into spiritual aspiration or into an attitude which is in conformity to the will of the mind which is expressing it. Obviously our goal on this course is to foster spiritual aspiration. (LOS paraphrased. LH)

“Non-attachment is freedom from longing for all objects of desire, either earthly or traditional, either here or hereafter.” (Sutra 1:15). The soul is free of desire. No longer do the things of sensuous perception on any of the three planes attract or allure Him. His consciousness is inward and upward. It is no longer downward and outgoing. He is at the centre and the periphery no longer attracts him. The longing for experience, the craving for physical plane existence, and the desire for the form aspect in its many variations has for him no appeal. He has experienced, He knows, He has suffered, and He has been forced into incarnation through His longing for the not-self. Now all that is ended and He is the freed soul. (LOS 49)

## **MEDITATION**

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Intense desire for sentient existence is attachment. This is inherent in every form, and is known even to the very wise. How attached am I to people and objects in this life?**

**Desire must be transmuted into the purity of spiritual aspiration and identification with the will of God. What is stronger in me – desire for outer life, or aspiration for the spiritual Path and life?**

**Complete freedom from attachment to matter causes bliss or pleasure—the joy of realisation. To what extent do I experience this bliss?**

Detachment Exercise: Think of something you own, and which you really value. This may be a book, item of clothing, food, computer, etc. Then think of giving this away to others. Visualise yourself doing so. By simply aspiring to give away something we’re attached to, we train our fearful mind to let go. Expand this offering to include millions of books or clothing. Send these out into the universe for anyone to receive.

## 3. Lower Interlude:

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

## 4. Distribution:

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, practise detachment. Try to remain balanced and detached – without bias and prejudice, in all that you do.

## **Meditation 7 - HINDRANCE: THE SENSE OF PERSONALITY OR "I-NESS"**

### **Thoughts to Ponder Prior to Meditation**

The sense of personality is due to the identification of the knower with the instruments of knowledge. The lower ego or personality develops as the mind is used to gather information about the external world. The following text gives an excellent description about how ego tries to define itself.

Just as we cling to a personal self, we cling to a social self. As long as we believe in our social identity and seek to rest in a solid self fabricated by our interpersonal relationships, we will fear the loss of this self. We devote all our resources to feeding and defending the concept called the self, believing we are defending life itself. We may enjoy the idea of freedom from interpersonal and social suffering but recoil from letting go of our hard-won social identities. Who am I if not the parent, child, teacher, friend, American, Christian, Buddhist, Latino, nature lover?

These identities are based on the hungers [for pleasure, being and non-being]; they are locked into place by ignorance. In the hunger for interpersonal pleasure, we find self-definition in the ways we are pleased and who pleases us by how we avoid loneliness by pleasing others. "Do I find that person handsome? Does he find me beautiful?" "I'm a sports fan, and when I'm with others like me, I don't feel lonely." In the hunger to be seen we define ourselves by how we become visible - by whose attention we draw and how we draw it. "I am an artist, a great parent, a dutiful child, a hard worker, a collector of unique glassware, president of the arts council, a good person." In the hunger not to be seen, we find identity in our fear and inadequacy. We merge with our cocoon, identifying with our armor; that armor becomes "me." "I am an introvert." "I am a drug addict and twelve-stepper." "I am fragile and easily hurt." Self-concept, unrecognized, can easily lead to pain and to self-centered thoughts and behavior; self-centered behavior spreads our suffering to others. *Insight Dialogue: The Interpersonal Path to Freedom (Gregory Kramer) p.67*

The advanced use of the mind is the one which the first five means of yoga bring about - the power to transmit to the brain the thoughts, wishes and will of the soul. As this develops, the sense of identification with the not-self becomes steadily less.

The third use of the mind is its use by the soul as an organ of vision whereby the realm of the soul itself is contacted and known. The final three means of yoga bring this about.

If the aspirant will regard the development and full use of his mind (the sixth sense) as his immediate objective, and understand clearly the three purposes for which it is intended, he will make rapid progress, the sense of personality will fade away and identification with the soul will ensue. This is one of the greatest of the fetters which hold the sons of men captive. It is here that the axe must be laid to the root of the tree. LOS 134

## **MEDITATION**

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.

- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe. DD;;  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**The personality sense of “I”, is caused by the knower (or seer) identifying with its instruments of knowledge. To what extent do I so identify? What do I need to do now to change this?**

**The mind is an organ of vision and enables the realm of the soul to be contacted and known. To what extent do I control the mind? How do I know when I have contacted the world of souls? Can I contact that world now?**

**The seer is pure knowledge (gnosis), but looks upon the lower world through the medium of the mind. I imagine myself as the Seer, looking upon the world through a quiet mind. What do I see?**

Exercise: Visualise a Counterbalancing Thought such as Selflessness

1. Try to get a strong sense of your personality self, and the way it needs to prove its worth to the world, its specialness, in order to feel okay about itself.
2. Then visualise yourself as being confident inside, secure with the inner strength of a child of God.
3. Try now to get a sense of being selfless, without ego, without the need to prove yourself to the world. How good does this feel?
4. See yourself moving confidently into life without ego, and feeling strong and secure inside..

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the

problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be selfless in your thoughts, words, and actions.

## **Meditation 8 - THE MEANS TO UNION: THE FIVE COMMANDMENTS**

### **1: ABSTAIN FROM HARMFULNESS - BE HARMLESS**

#### Thoughts to Ponder Prior to Meditation

#### **2-30: The Commandments - Yama (Restraint) these are**

**Harmlessness, truth to all beings, abstention from theft, from incontinence and from avarice, constitutes yama or the five commandments.**

**Be Harmless (do not kill)**

**Be Truthful (do not lie)**

**Be Honest (do not steal)**

**Be Chaste (conserve your sexual force)**

**Be without Greed (do not be greedy)**

Yama is man's universal duty, irrespective of race, place, time or emergency. This is self explanatory. For those how are on the path of Raja Yoga, there is absolutely no justification for any violation of the Commandments. (Neither is there for ordinary man, but it is only when the student is at the point that he can actually realise these ideals, is he held accountable karmically).

#### **2-33: To Obstruct Thoughts Contrary To Yoga, Cultivate Their Opposite.**

Here we are given one of the most important Raja Yoga spiritual techniques. It counterbalances the negative thoughts which keep man's consciousness under the control of the lower self. The thoughts contrary to yoga are:

**Harmfulness,**

**Falsehood,**

**Theft,**

**Incontinence**

**Avarice**

Whether committed personally, caused to be committed or approved of, whether arising from avarice, anger or delusion (ignorance); whether slight in the doing, middling or great. These result always in excessive pain and ignorance. For this reason, the contrary thoughts must be cultivated.

This sutra demonstrates to us the working out of a great law - 'Whatever you see in yourself, you will see in others.' If opposition and hatred is being experienced from others for example, it is because these seeds are present in the perceiver's nature first. If they are absent then only harmony exists - within and without. This is the first stage of universal love, the practical work to be tackled by the aspirant to become at one with all beings. Begin with yourself and see to it that the seeds of harmfulness in your own nature are eradicated. The most common form of daily violence is criticism - of oneself and others.

Harmfulness is based on selfishness, and on an ego-centric attitude. It is action taken by the selfish one to - enforce, self-aggrandise, and self-gratify. He speaks words which damage, thinks thoughts which are poisonous, and acts in a way which results in harm. (Leoni Hodgson)

## THE COUNTERBALANCING THOUGHT: HARMLESSNESS

Harmlessness is the outstanding quality of every son of God. A harmless person that speaks no word that can damage another person, that thinks no thought which could poison or produce misunderstanding, and which does no action which could hurt the least of his brethren—this is the main virtue which will enable the esoteric student to tread with safety the difficult path of development. (EXH 20)

Harmlessness is the expression of the life of the man who lives consciously as a soul, whose nature is love, whose method is inclusiveness, and to whom all forms are alike in that they veil and hide the light, and are but externalizations of the one Infinite Being. (TWM 102)

“Harmlessness being perfected, in his presence all enmity ceases.” The person is serene and at peace, and others are at peace with him. In his presence even wild beasts become tame. (LOS)

*To develop harmlessness:* Remember that this sutra deals primarily with your thought life - weed out critical thoughts. Learn to open your heart with understanding. Listen more! Stop criticising, and deal with causes. Develop a sensitive awareness of the wholeness of life. Be kinder and more generous to yourself. Do an evening review on harmlessness: identify any harmful thought you may have created during the day, then think a kindly opposite thought, to neutralise the negative energy force you created. Identify any harmful emotions you generated, then send out love or compassion instead. Identify any harmful action, then how you can act more kindly and wisely, in the future. (LH)

## MEDITATION

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.**

**From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.**

**That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

### **2. Meditation:**

Follow the Raja Yoga Meditation Method.

- a. *Meditation:* analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation:* hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination:* recall any insights and summarise and ground them in your memory.

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Harmfulness is contrary to Yoga - Harmlessness helps to bring about inner union. What exactly is harmlessness? How do I think harmlessness would be demonstrated by the Masters?**

**Harmlessness is the outstanding quality of the man or woman who lives consciously as a soul. To what extent am I harmless? What do I need to do to be more harmless?**

**(Visualise someone you dislike or previously disliked). What harmful emotions and thoughts did I send to that person? Visualize yourself giving that person compassion and love.**

**Harmlessness being perfected, in His presence all enmity ceases. (Visualise yourself having perfected harmlessness, and radiating it to the world).**

Exercise: Visualise the Counterbalancing Thought - Harmlessness:

1. Identify someone you have harmed through thought, speech or act.
  2. Visualise that person as a soul, doing the best that he or she can in the circumstances.
  3. Send a blessing - say “May the blessing of Christ be upon you (name)”
- Endeavour to feel love flowing from you to that other soul, then to the whole world. OM

### **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be harmless in all thoughts, words, and actions.

## **Meditation 9 - THE MEANS TO UNION: THE FIVE COMMANDMENTS**

### **2: ABSTAIN FROM FALSEHOOD - BE TRUTHFUL**

#### Thoughts to Ponder Prior to Meditation

##### THE THOUGHT CONTRARY TO YOGA: FALSEHOOD

Truth is one of the great problems which the aspirant has to solve, and he who attempts to speak only that which is entirely accurate will find himself confronted by very definite difficulties. Truth is entirely relative whilst evolution proceeds, and is progressive in its manifestation. It might be defined as the demonstration on the physical plane of as much of the divine reality as the stage in evolution and the medium employed permit. Truth, therefore, involves the ability of the perceiver or aspirant to see correctly the amount of the divine which a form (tangible, objective, or of words) clothes. It involves, therefore, the capacity to penetrate to the subject and to contact that which every form veils. It involves also the ability of the aspirant to construct a form (tangible, objective, or of words) which will convey the truth as it is. (LOS 195,196)

The ego builds up a false mental world filled with injustices, victimisation, distortions, and lives there. Life in this world consists of complexities, game-playing, avoidances, denials, untruths. The world of spirit is stark. It is clear truth and reality. Everything is in the open, so life is lived simply. Stretching the truth, shrinking it, covering it up, embellishing it, and pretending that we have done something we haven't - this is all falsehood. (LH)

##### THE COUNTERBALANCING THOUGHT: TRUTHFULNESS

Truth. This concerns primarily his use of speech and of the organs of sound, and relates to "truth in the inmost part" so that truth in externality becomes possible. This is a large subject, and deals with the formulation of a man's belief regarding God, people, things and forms through the medium of the tongue and voice. This is covered in the aphorism in Light on the Path. "Before the voice can speak in the presence of the Master it must have lost the power to wound." (LOS 185)

"When Truthfulness is perfected, the effects of his words are immediately seen." 2-36 When the yogi thinks and speaks only that which is truth, then his words carry great power. For example, if he says to a sick person "be healed", the patient will be healed immediately.

*Practise:* truthfulness is simple, clear, factual, and has a clear motive. Aim to be scrupulously honest about yourself and all your affairs. Communicate the truth without underrating or overrating. With honesty, comes fearlessness. When there are no lies, the entire life becomes an open book. regularly scrutinise your actions, your motives, and do not gloss over one fault, nor excuse yourself along a single line. Say to yourself constantly, "I must to my own Self be true". (LH)

#### MEDITATION

##### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM

- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Falsehood is contrary to Yoga - Truthfulness helps to achieve inner union. What exactly is falsehood – and then, what is truth? How does truth bring people closer together? To what extent am I false in my presentation to others and to life?**

**Before the voice can speak in the presence of the Master it must be truthful, it must have lost the power to wound. To what extent am I truthful? What must I do to become more truthful?**

**When Truthfulness is perfected, the effects of the Yogi’s words are immediately seen. (Visualise yourself having perfected truthfulness, and having a positive effect on others).**

Exercise: Visualise the Counterbalancing Thought - Truthfulness;

1. Identify an area of your life where you tend to ‘fudge’ the truth or lie.
2. Try to grasp the reason why you lie in this area, what it is that you are afraid of.
3. Visualise white light flow through you, washing away any shame, guilt or fear associated with the reason you lie.
4. See yourself speaking ‘your’ truth courageously to someone else / to the world.

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be truthful in your thoughts, words, and actions.

## Meditation 10 - THE MEANS TO UNION: THE FIVE COMMANDMENTS

### 3: ABSTAIN FROM THEFT - BE HONEST, HAVE INTEGRITY

#### Thoughts to Ponder Prior to Meditation

#### THE THOUGHT CONTRARY TO YOGA: THEFT (LOS 198 paraphrased)

The theft referred to has reference not only to the taking of things tangible and physical, but has reference also to abstention from theft on the emotional or mental planes.

- Theft is taking love, good favour, intellectual benefits, praise or reward - which rightfully belongs to another, or to which one has no moral right; the claiming of a reputation which is not deserved.
- Theft is also taking over duties which belong to someone else - stealing from another the opportunity to do the right thing, or to measure up to his or her responsibility.
- Theft is also robbing someone of goodwill or peace by projecting feelings or thoughts of dislike or hatred.

If we feel empty inside, if we compare and want to possess what others have - physical ability, beauty, youth, material wealth, fame, power, love and spiritual attainment. This leads to mental, emotional and physical stealing.

#### THE COUNTERBALANCING THOUGHT: HONESTY OR INTEGRITY

The aspirant does not curry favour or popularity, and he adheres with strictness to that which is his own. This is the true abstention from theft. "Let every man attend to his own dharma" and fulfill his own role, is the Eastern injunction. "Mind your own business" is the Western attempt to teach the same truth. It will lead a man perfectly to meet his own obligations, to shoulder his own responsibility and to fulfill his own duty. It will lead him to refrain from appropriating anything that belongs to his brother. (LOS 198 paraphrased)

**"When abstention from theft is perfected, the yogi can have whatever he desires."** When the aspirant has learned to "desire nothing for the separated self" he can then be trusted with the riches of the universe; when he makes no demand for the lower nature and claims nothing for the threefold physical man, then all that he desires comes to him unasked and unclaimed. (LOS 197)

### MEDITATION

#### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM

- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Theft is contrary to Yoga. What is the nature of the ‘theft’ referred to? To what extent do you steal from others - whether this is affection, high regard, or anything that does not rightfully belong to you?**

**What do you feel that you lack inside - that impels you to want to grasp after what others have? See the Solar Angel/ Master/ or God, giving you what you need - respect, love, healthy esteem, etc.**

**When abstention from theft is perfected, the yogi can have whatever he desires. Visualise yourself having perfected desirelessness, that you ask nothing for your separated self, and what this will mean in your life.**

Exercise: Counterbalancing Thought - Honesty or Integrity:

1. Identify an area of your life where you “steal”, why you take what does not belong rightfully to you.
2. Identify also what it is that you feel you lack inside - which impels you to do this.
3. See the Solar Angel/ Master/ or God, giving you what you feel need - respect, love, healthy esteem, etc.
4. See yourself acting with integrity in that particular area in the future. **OM**

## 3. Lower Interlude:

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

**4 . Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, be vigilant in your thoughts, words, and actions, to ensure you do not take what does not rightfully belong to you. Be especially vigilant with what you covet emotionally.

## **Meditation 11 - THE MEANS TO UNION: THE FIVE COMMANDMENTS**

### **4: ABSTAIN FROM AVARICE - BE CONTENT!**

#### Thoughts to Ponder Prior to Meditation

##### THE THOUGHT CONTRARY TO YOGA: AVARICE (ALSO ENVY)

This deals with the sin of covetousness which is literally theft upon the mental plane. The sin of avarice may lead to any number of physical plane sins and is very powerful. It concerns mental force and is a generic term covering those potent longings which have their seat not only in the emotional or kamic (desire) body, but in the mental body also. This commandment to abstain from avarice is covered by St. Paul when he says "I have learned in whatsoever state I am, therewith to be content." That state has to be attained before the mind can be so quieted that the things of the soul can find entrance. (LOS 186)

**Avarice is mind force craving after one's desires, and leads to physical plane sins.**

**They key is to stop being envious and hungering after other people's possessions.**

All material forms dissolve and die. If you get whatever it is you are craving after, it is likely that after a while you will lose interest in it, and it will eventually die or be discarded. So what is the point? (LH)

##### THE COUNTERBALANCING THOUGHT: CONTENTMENT

*Learn to be content!* Ponder the fact that you are a soul, and your primary purpose is to realise this as a fact. All wealth, all power, all glory, all love will be yours when you are restored to your spiritual awareness, and this cannot be taken away from you.

Pursue the goal of enlightenment. Crave this. Make this your first priority. Dedicate yourself to your spiritual practises, and you will find that craving for material things will begin to fade. The more you let go in all areas of life, the more life and its wonders and glories, will unfold for you.

Avarice can be overcome by practising the Spirit of Generosity. Give material things to others, such as food or shelter. Give the gift of fearlessness - help others who are afraid, give comfort in difficult times. Help people overcome the darkness of ignorance. (LH)

"When contentment is achieved, there comes an understanding of the law or rebirth". In other words, when abstention from avarice is perfected, chains which bind us to the wheel of rebirth drop away, and memory of past life is gained. When desirelessness is present, then the three worlds can no longer hold the yogi. (2.39)

## MEDITATION

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## **2. Meditation:**

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Avarice is theft upon the mental plane and is contrary to Yoga. How does avarice differ to what we normally think of as theft? In what way is avarice an impediment to union?**

**If you scan yourself now, what avaricious thoughts have you been guilty of producing? What is it that you think you lack in yourself or your life, which causes you to have these impulses? As a result of this observation, and the knowledge that avarice is contrary to yoga, what do you need to give yourself, or tell yourself, to overcome these feelings of inadequacy?**

**When contentment is achieved, there comes an understanding of the law of rebirth. What is the relation between contentment and the law of rebirth, and why should contentment throw light upon this law?**

**As a result of contentment, bliss is achieved. How content are you with yourself and your life at this point in time? What is bliss? Have experienced bliss? Try to feel bliss that comes when there are no impediments between you and the source of Love and Goodness.**

Exercise: the Counterbalancing Thoughts - Contentment / Generosity:

- Identify any way that you envy or crave what others have.
- Affirm to yourself, the fact that this craving is a personality desire, it is contrary to spiritual law, and will not bring you spiritual enlightenment or power. That it also keeps you bound to the Wheel of Rebirth.
- Affirm Buddha’s injunction: “Health is the greatest gift, **contentment** the greatest wealth, faithfulness the best relationship.” **OM**
- Visualise yourself giving generously to the world - food for those who are starving, protection and safety for those who are in danger, etc.
- Endeavour to resist any craving thoughts in the future.

### **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be content with what you have in life.

## **Meditation 12 - THE MEANS TO UNION: THE FIVE COMMANDMENTS**

### **5: ABSTAIN FROM INCONTINENCE - THE WASTING OF ENERGY ON LOWER DESIRES!**

#### **Thoughts to Ponder Prior to Meditation**

##### **THE THOUGHT CONTRARY TO YOGA: INCONTINENCE**

(The actual wording of this sutra 2.38 is) "by abstention from incontinence, energy is acquired." Abstention from incontinence is literally desirelessness and governs the out-going tendencies to that which is not the self, which finds physical plane expression in the relation between the sexes. But any impulse which concerns the forms and the real man and which tends to link him to a form and to the physical plane is regarded as a, form of incontinence. There is physical plane incontinence and this should have been left behind by the disciple long ago. But there are also many tendencies towards pleasure seeking with consequent satisfaction of the desire nature and this, to the true aspirant, is likewise regarded as incontinence. (LOS 185,186)

When a proper recognition of the place the sex life should play in the daily life is paralleled by the concentration of thought anent the throat centre, that centre becomes automatically magnetic and attracts the forces of the sacral centre upward through the spine into "the place of creative building"; the normal sex life is then regulated and not atrophied, and is relegated to its rightful place as one of the usual faculties or appetites with which man is endowed; it is brought under control through the lack of directed interest.. To the aspirant it becomes mainly the agent for the creation of the vehicles needed for reincarnating souls. Thus by force of example, by the avoiding of all extremes, by the dedication of the bodily energies to the higher uses, and by the acceptance of the law of the land in any given country and at any given time, the present disorder and the current misuse of the sex principle will give way to orderly living and to the right use of this major bodily function. (RI 670).

##### **THE COUNTERBALANCING THOUGHT: CLEAN THINKING**

There is a close connection between the organs of generation and the throat centre. Through the true conservation of energy and abstention from incontinence, the yogi becomes a creator on the mental plane.. This is done through continence, pure living and clean thinking, and not through any perversions of occult truth such as sex magic. (LOS 199,200) The right use of the sex principle along with entire conformity to the law of the land is characteristic of every true aspirant. A true celibate possesses tremendous energy, a clear brain, gigantic willpower, bold understanding and retentive memory. (2-38)

#### **MEDITATION**

##### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## **2. Meditation:**

Follow the Raja Yoga Meditation Method.

- a. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
- b. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
- c. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**‘Abstention from incontinence’ is desirelessness, and governs the out-going tendencies to that which is not the self, which finds physical plane expression in the relation between the sexes. What is the proper place for the sex life, in the daily life of aspirants and disciples?**

**There is physical plane incontinence. But there are also many tendencies towards pleasure seeking with consequent satisfaction of the desire nature, likewise regarded as incontinence.**

**When the proper place that sex should play in the daily life is recognised, and this is paralleled by a concentration of thought in the throat centre, that centre becomes automatically magnetic and attracts the forces of the sacral centre upward. The normal sex life is then relegated to its rightful place as one of the usual appetites with which man is endowed, and is brought under control through the lack of directed interest.**

**By abstention from incontinence, energy and power, is acquired.**

Exercise: Visualise the Counterbalancing Thought - Harmlessness:

- Examine the way you use your sexual energy, and the type of sexual thoughts you generate.
- Do you think that the term “incontinent” applies to you, or not?
- If it does, then visualise energy flowing upwards from your sacral centre to the throat centre, and you using this force creatively. OM
- Endeavour to take up more creative work, and to think more cleanly and live more purely.

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be balanced and healthy in your sexual desires, or with any lower cravings.

## **Meditation 13 - NIJAMA/ RULE 1 - PURIFICATION**

### **Thoughts to Ponder Prior to Meditation:**

These five rules govern the life of the lower personal self and form the basis of character. The yoga practices are not permitted by the true guru or teacher until Yama or Nijama have been established as controlling factors in the daily life. The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

### **The first rule, is Internal and external purification**

This purification relates to the purification of the substance of the four vehicles (the physical body, the etheric body, the emotional body and the mental body) through which man contacts the three worlds of his endeavor. It is attained in three ways:

1. On the Path of Purification or of Probation: Elimination of impure substance or of those atoms and molecules which limit the free expression of spirit, and which confine it to the form so that it can have neither free ingress nor egress;
2. On the Path of Discipleship: assimilation of those atoms and molecules which will tend to provide a form through which spirit can adequately function;
3. On the Path of Initiation (after the second initiation): the protection of the purified form from contamination and deterioration.

In this cycle, however, the interest of the Hierarchy is being largely centred on the question of psychic purity and this is the reason for the trend of the occult teaching at present developing. It is away from what is commonly understood by psychic development, lays no emphasis on the lower psychic powers and seeks to train the aspirant in the laws of the spiritual life. This produces a realization of the nature of the psyche or soul, and a control of the lower psychic nature.

### **2:40. Internal and external purification produces aversion for form, both one's own and all forms.**

Aversion for form or "desirelessness," which is the generic term covering this condition of mind, is the great impulse which eventually leads to complete liberation from form.

It is not that form or form taking is in itself evil. Both forms and the process of incarnation are right and proper in their place but for the man who has no further use for experience in the three worlds, having learnt the needed lessons in the school of life, form and rebirth become evil and must be relegated to a position outside the life of the ego. That the liberated man may choose to limit himself by a form for specific purposes of service is true, but this he does through an act of the will and self-abnegation; he is not impelled thereto by desire but by love of humanity and a longing to stay with his brothers till the last of the sons of God has reached the portal of liberation.

### **2:41. Through purification comes also a quiet spirit, concentration, conquest of the organs or senses, and ability to see the Self.**

When the sense perceptions are refined and the vibratory condition of the vital body is justly attuned, the senses are entirely dominated and controlled by the soul. The correct order of this control is:

1. Correct intellectual perception of the ideal on the mental plane.
2. Pure desire, freed from love of form on the emotional or astral plane,

3. Correct use and development of the five centres up the spine (base of spine, sacral centre, solar plexus, heart and throat centres), each of which is found in the etheric body and is allied with one or other of the five senses,
4. Consequent correct reaction of the sense organs to the requirements of the true or spiritual man.

In connection with the astral body, the result of purification is a quiet spirit, or the "gentle stillness" of the vehicle so that it can adequately reflect the Christ principle, or the buddhic nature.

In the mental body, the effect of purification is the development of the capacity to concentrate or to be one-pointed. The mind no longer flits hither and thither but becomes controlled and quiescent and receptive to the higher impress.

When these three results of purification are making them selves felt in the life of the aspirant, he nears a certain climax which is a sudden perception of the nature of the soul. He gets a vision of the reality which is himself, and finds out the truth of the words of the Christ that "the pure in heart shall see God." He beholds the soul and henceforth his desire is forever towards reality and away from the unreal and the world of illusion.

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**"Oh Thou, Who givest sustenance to the universe.**

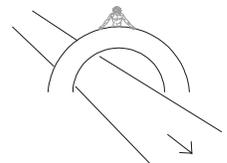
**From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.**

**That I may know the truth and do my whole duty, as I journey to Thy sacred feet." OM.**

### 2. "Bridge" exercise to Purify and control the Emotional Nature

This is a good emotional cleansing exercise, because it incorporates the Raja Yoga technique of Right Detachment. The technique is designed to help you channel strong emotions in a healthy way as they arise within you. When you are familiar with the process you should be able to practise it while the emotions are running and you are still going about your daily business. Preparation: look at the sketch. There is a small river, a bridge over it, and you standing on the bridge holding firmly to the guard rail.



- a. Close your eyes, quieten your breath, relax.
- b. Think of an episode which generated a strong negative emotion, and let the feelings arise again .
- c. Bring to mind the river and bridge scene. You allow your emotions to pour through your solar plexus area like that river, running from behind you away to the front.

- d. But you are standing on the bridge, holding firm, looking down as the torrent of energies pour through. You let them run until they begin to be exhausted, and you feel better.
- e. Wash white light through you to finish the exercise.

## 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. Read the seed thought, note any feelings.
- b. *Meditation*: Focus, analyse the seed thought until you have a synthetic understanding.
- c. *Contemplation*: .. this allows the intuition to operate, bringing you higher realizations.
- d. *Illumination*: .. resulting in a flood of soul illumination.
- e. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**The first rule on the Path, is internal and external purification - purification of my physical, etheric, emotional and mental fields. Visualise these fields being purified with the light of the soul.**

**Correct use and development of the five centres up the spine (base, sacral, solar plexus, heart and throat), brings these centres - and related senses, under soul control. Visualise the soul breathing an OM thought each of your centres, purifying them and bringing them under soul control.**

**Purification of the astral body results in a quiet spirit that reflects the Christ/ buddhic nature. Visualise your astral nature being quiet and still, and duly reflecting the Christ energy.**

**Purification of the mental body, and training it to concentrate, enables the mind to be quiescent and receptive to higher impress. Imagine that your mind is duly quiescent and is receiving higher impress.**

## 3. Lower Interlude:

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

## 4. Distribution:

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout this month in particular - but from this point henceforth if you believe your emotional nature will benefit from purification exercises, routinely cleanse and quieten your emotional field. Whenever a strong emotion arises, apply 1) the "bridge" technique. 2) Say mentally "Peace be still." 3) Regularly align with your soul, the Sun, Christ or God, and wash white light through your whole nature.

## Meditation 14 - NIJAMA/ RULE 2 – CONTENTMENT

### Thoughts to Ponder Prior to Meditation:

These five rules govern the life of the lower personal self and form the basis of character. The yoga practices are not permitted by the true guru or teacher until Yama or Nijama have been established as controlling factors in the daily life. The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

**2.32 Internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to Ishvara constitutes nijama (or the five rules).**

**2:42 As a result of contentment bliss is achieved.**

The key is to learn to be content with what you have. Buddha's Second Noble Truth is that all suffering is caused by craving. When we look at psychological suffering, this is easy to see. When we want something but are unable to get it, we feel frustrated. When we expect someone to live up to our expectation and they do not, we feel let down and disappointed. When we want others to like us and they don't, we feel hurt, sometimes devastated. Even when we want something and are able to get it, this does not often lead to happiness either because it is not long before we feel bored with that thing, lose interest in it and commence to want something else. Rather than constantly struggling to get what you want, try to modify your wanting. Wanting deprives us of contentment and happiness. When all manipulation or craving is abandoned, can you understand the peace and contentment that will come then?

Buddha asks us to make a difference between what we need and what we want and to strive for our needs and modify our wants. He tells us that our needs can be fulfilled but that our wants are endless - a bottomless pit. There are needs that are essential, fundamental and that can be obtained and this we should work towards. Desires beyond this should be gradually lessened. After all, what is the purpose of life? To get, or to be content and happy.

Practise: Ask yourself, "what do I really need? If I were living in a country where there was war, or poverty, or natural disasters, what would I and my loved ones really need in order to be okay?" Do you have physical safety, and a safe place to stay? Do you have enough food to eat? Do you have warmth and adequate clothing? Are human rights being respected in your environment? If you have all of these - especially when you think of the situation of people living in dire poverty or in war-torn regions, relish the fact! Give thanks for the blessing of living in a safe place.

Another practise to develop contentment is to give to others! Contentment and charity go hand-in-hand. Helping people who are really disadvantaged helps us feel good, and helps us appreciate what we have. So set aside a portion of your time or income, to help others. Then, at the end of every day say "I give thanks for all the blessings in my life!"

Contentment is productive of conditions wherein the mind is at rest; it is based upon the recognition of the laws governing life and primarily the law of karma. It produces a state of mind wherein all conditions are regarded as correct and just, and as those in which the aspirant can best work out his problem and achieve the goal for any specific life. This does not entail a settling down and an acquiescence producing inertia, but a recognition of present assets, an availing oneself of one's opportunities and letting them form a background and a basis for all future progress. When this is done rightly the three remaining rules can be more easily kept.

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

### 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. Read the seed thought and note any feelings.
- b. *Meditation*: Focus in your analytical mind, and analyse the seed thought, using “Sequential Thinking”. Using ideas and thoughts like paving stones, drive forward in a sequential manner until you have a synthetic understanding.
- c. *Contemplation*: a synthetic understanding allows the intuition to operate, bringing you higher realizations.
- d. *Illumination*: successful contemplation results in a flood of soul illumination.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Define “contentment”. How often are you discontented/ contented?**

**Buddha’s Second Noble Truth is that all suffering is caused by craving. What is the link between craving and suffering?**

**Buddha asks us to make a difference between what we need and what we want and to strive for our needs and modify our wants. What are your needs? What are your wants and are you able to modify them?**

**As a result of contentment bliss is achieved. How does contentment lead to bliss? Imagine that you have reached a point of deep contentment in your life generally, resulting in bliss.**

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the

problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be content with all that you have in your life.

## Meditation 15 - NIJAMA/ RULE 3 - FIERY ASPIRATION

### Thoughts to Ponder Prior to Meditation:

The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

*2.1: The Yoga of action, leading to union with the soul is fiery aspiration, spiritual reading and devotion to Ishvara.*

Fiery aspiration, the domination of the physical man so that every atom of his body is afire with zeal and endeavor ... This quality of "going forth" towards the ideal or of straining towards the objective must be so profound in the aspirant to yoga that no difficulties can turn him back. Only when this quality has been developed and proved and when it is found that no problem, no darkness and no time element can hinder, is a man permitted to become the disciple of some Master. Fiery effort, steady persistent longing and enduring faithfulness to the ideal visioned are the sine qua non of discipleship. LOS

The word "aspiration" comes from the Latin "ad"="to", and "spirare"="to breathe, to breathe towards," as Webster puts it. The word "spirit" comes from the same root. Aspiration must precede inspiration. There must be a breathing out from the lower self before there can be a breathing in by the higher aspect. From the standpoint of eastern mysticism, aspiration involves the idea of fire. It denotes a burning desire, and a fiery determination which eventually does three things for the aspirant. It throws a fierce light upon his problems, and constitutes the purificatory furnace into which the lower self has to go in order that all dross may be burned out, and it also destroys all hindrances which might keep him back. This same idea of fire runs through all books on Christian mysticism, and many passages in the Bible of a similar nature will come readily to mind. Willingness to "bear the cross," to "enter the fire," to "die daily," (it matters not what the symbology employed may be), is the characteristic of the true aspirant, and, before we pass on to the way of meditation and place our footsteps in those of the myriads of sons of God who have preceded us, we must gauge the depth and the [121 Page 94] height and brace ourselves for the arduous climb and the fierce endeavor. We must say with J. C. Earle:

"I pass the vale. I breast the steep. I bear the cross: the cross bears me.  
Light leads me on to light. I weep/ For joy at what I hope to see  
When, scaled at length the arduous height, For every painful step I trod,  
I traverse worlds on worlds of light/ And pierce some deeper depth of God."2

We start with an emotional realization of our goal and from then pass on, through the fire of discipline, to the heights of intellectual certainty. This is beautifully pictured for us in the Bible in the story of Shadrach, Meschach and Abednego. We read that they were cast into the midst of the burning fiery furnace, yet the result of that apparent tragedy was the releasing in their midst of the form of a fourth identity, whose appearance was like unto that of the Son of God. These three friends are symbols of the threefold lower man. The name Meschach means "agile," a faculty of the discriminative mind, the mental body. Shadrach means "rejoicing in the Way" and describes the transmutation of the emotional body, and the turning of the desire towards the Way: Abednego means "a servant of the Sun," and thus emphasizes the fact that the sole function of the physical body is to be the servant of the Son [Page 95] (Sun), of the ego or soul (see Daniel III, 23-24). There is no escaping the fiery furnace, but the reward is commensurate with the trial.

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe,  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

### 2. Meditation:

Follow the Raja Yoga Meditation Method.

- a. Read the seed thought, note any feelings.
- b. *Meditation*: Focus, analyse the seed thought until you have a synthetic understanding.
- c. *Contemplation*: .. this allows the intuition to operate, bringing you higher realizations.
- d. *Illumination*: .. resulting in a flood of soul illumination.
- e. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.

---

**Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.**

**The Yoga of action, leading to union with the soul, is firstly - fiery aspiration. What is the meaning of “fiery aspiration”?**

**How is fiery aspiration related to the removal of impurities? How is it related to the perfecting of the bodily powers, and of the senses?**

**Are you truly an aspirant? Do you truly aspire? What is the quality of your aspiration? Towards what do you aspire?**

**Is your aspiration truly fiery? What would instill more fire into your aspiration?**

### 3. Lower Interlude:

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will

ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

#### **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, look for any actions in others – in the world, that you find inspiring. Then attempt to intensify any feelings of aspiration in your heart. so that they become a blaze. Imagine that your nature is ablaze with aspiration.

## **Meditation 16 - NIJAMA/ RULE 4 – SPIRITUAL READING**

### **Thoughts to Ponder Prior to Meditation**

The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

**Sutra 32: The five rules are: Internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to Ishvara constitutes nijama (or the five rules).**

**Sutra 44. Spiritual reading results in a contact with the soul (or divine One).**

Prayer is possible to all. Meditation is only possible to the mentally polarized man, and this is a point which needs emphasis and which frequently meets with opposition when stated. All men who are willing to subject themselves to discipline and transmute emotion into spiritual devotion can be saints, and many do so subject themselves. But all men cannot yet be knowers, for it involves all that the saint has achieved, plus the use of the intellect and the power to think through to knowledge and understanding. The man who is successful is the man who can think, and who can utilize the sixth sense, the mind, to produce certain specific results. Other suggested origins have to do with words denoting the taking of counsel or of advice, so that three basic ideas are brought out: — the attainment of success through the agency of the mind, the achievement of [Page 96] perfection, the taking of counsel, and the utilization of all channels of information in order to gain knowledge.

This is fundamentally the meaning of Patanjali when he uses the expression translated "spiritual reading." It really signifies reading with the eyes of the soul, with the inner vision alert to find out that which is sought. It is realized that all forms are only symbols of an inner or spiritual reality, and spiritual reading involves the development of the faculty of "reading" or seeing the life aspect which the outer form veils and hides. This will be found to apply equally to a human form as to any other form in nature; all forms veil a divine thought, idea, or truth and are the tangible manifestation of a divine concept. When a man knows this he begins to read spiritually, to see below the surface and so contact the idea which gave birth to the form. Gradually, as he gains practice in doing this, he arrives at a knowledge of Truth and is no longer taken in by the illusory aspects of the form. This, in its most practical application, will lead a man for instance, to negate the form aspect which his fellowman may assume, and deal with him on the basis of the hidden divine reality. This is no easy thing to do, but it is possible through training in spiritual reading. ITI 95.

## **MEDITATION**

### **1. Basic Meditation Alignment**

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.**

**From Whom all things proceed, to Whom all things return,**

**Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## **2. Meditation:**

Follow the Raja Yoga Meditation Method.

- a. Read the seed thought, note any feelings.
  - b. *Meditation*: Focus, analyse the seed thought until you have a synthetic understanding.
  - c. *Contemplation*: .. this allows the intuition to operate, bringing you higher realizations.
  - d. *Illumination*: .. resulting in a flood of soul illumination.
  - e. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.
- 

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**“Spiritual reading” is reading form/ people/ life, through the eyes of the soul, with the inner vision alert to find out that which is sought. Are you conscious of practicing spiritual reading in your life? If so *how*, specifically?**

**All forms are symbols of inner realities. Ability to read spiritually, means the disciple is no longer taken in by the illusory aspects of the form, and is able to see and read the divine thought/ idea/ truth, which the outer form veils and hides.**

**Exercise: Choose a symbol or form and do a spiritual reading. If this is new to you, then do your best. Share the details and results of this exercise in your report.**

**Eventually, man ceases to identify with the symbol of his lower nature and begins to function consciously as the divine inner subjective self. Imagine if you can, that you have reached this stage. Then describe your experience.**

## **3. Lower Interlude:**

With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

## **4. Distribution:**

Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to spiritual read - to perceive life events more deeply.

## Meditation 17 - NIJAMA/ RULE 5 – DEVOTION TO ISHVARA

### Thoughts to Ponder Prior to Meditation:

The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

**Sutra 32: The five rules are: Internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to Ishvara constitutes nijama (or the five rules).**

**Sutra: 23. By intense devotion to Ishvara, knowledge of Ishvara is gained.**

Devotion involves certain factors which it is valuable for the devotee to realize.

1. A capacity to decentralize oneself, to change one's attitude from self-centredness and selfishness to one of outgoing to the loved one. All things are counted as loss provided the object of one's devotion is attained.

2a. Obedience to the beloved object once that beloved is known. This has been called in some translations "complete obedience to the Master" and this is the true and accurate translation but in view of the fact that the word Master connotes (to the occult student) one of the adepts, we have chosen to translate the word as "Ishvara," the one God in the heart of man, the divine Jiva or "point of divine life" at the centre of man's being. This is the same in all men, whether savage or adept; the difference only lies in degree of manifestation and of control. Complete obedience to any guru or mahatma in the sense of complete subjugation of the will is never taught in the true science of yoga. Subjugation of the lower man to the will of the inner God is taught and all the methods and rules of yoga are to this specific end. This should be carefully borne in mind. "Spiritual reading" is the most significant and occult preliminary thereto. LOS 124

2b. Obedience to the Master is no servile attention to the commands of some supposed hidden Teacher, or Master, functioning mysteriously behind the scenes, as so many [Page 97] schools of esotericism claim. It is much simpler than that. The real Master, claiming our attention and subsequent obedience, is the Master in the Heart, the soul, the indwelling Christ. This Master first makes His presence felt through the "still small voice" of conscience, prompting us to higher and more unselfish living, and sounding a quick note of warning when there is deviation from the strict path of rectitude. Later this comes to be known as the Voice of the Silence, that word that comes from the "Word incarnate," which is ourselves. Each of us is a Word made flesh. Later still, we call it the awakened intuition. The student of meditation learns to distinguish accurately between these three. This requirement, therefore, calls for that implicit obedience which the aspirant renders promptly to the highest impulse which he can register at all times and at any cost. When this obedience is forthcoming it calls forth from the soul a downpouring of light and knowledge, and Christ points this out in the words: "If any man shall do his will, he shall know..." (John 7, 17). ITI 96-7

## MEDITATION

### 1. Basic Meditation Alignment

- Sit comfortably with spine erect.
- Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- Focus high within your head.
- Visualize the light, love and power of the soul pouring into your three personality vehicles. OM

- Pause for assimilation.
- Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

## **2. Meditation:**

Follow the Raja Yoga Meditation Method.

- a. Read the seed thought, note any feelings.
- b. *Meditation*: Focus, analyse the seed thought until you have a synthetic understanding.
- c. *Contemplation*: .. this allows the intuition to operate, bringing you higher realizations.
- d. *Illumination*: .. resulting in a flood of soul illumination.
- e. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Who or what is “Ishvara”? What, in practical terms, does it mean to be devoted to Ishvara?**

**Ishvara is the son of God, the cosmic Christ, resplendent in the heart of each of us. Search deep within your own heart. Is the flame of Ishvara alight? What do you experience?**

**Are you devoted to the highest impulses and guiding principles which come to you from your soul or Master? How would you summarise these principles? Are these principles the guiding force in your life?**

**Ishvara is reached through pure love and devoted service. To what extent do you love imperfectly as a human being, and purely as a soul? What do you need to do to increase your ability to love purely?**

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

**THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, be sensitive to your heart centre energy, and any impulses coming to you from your soul.