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MEDITATION 1: THEME - ST. FRANCIS PRAYER

This mantram is the first part of prayer from St Francis of Assisi. By its use we ask for divine assistance to transmute negatives into positive, "spiritual" expressions.

Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and relax your physical body.
3. Quieten your emotions, feeling a sense of peace and serenity.
4. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
(Imagine your soul to be a radiant, angelic being, or perhaps a sun-like sphere of radiant energy surrounding and enveloping you – a sphere the center of which is just above your head.)
5. Sound the Sacred Word OM
6. Pause, allowing the higher soul energies of light and love to permeate your nature.

Meditation

In each meditation session, say the whole mantram and try to feel in your heart what the words convey. Then, select a line as the day's seed-thought, beginning at the first line and moving through the mantram. By the end of the month, ensure you are working with the entire mantram. As you meditate on each limitation and virtue, scrutinise yourself to see to what extent they apply to you (if at all). Then, for a brief moment, try to see yourself expressing that virtue.

St Francis Prayer

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love.

Where there is injury, let me sow pardon.

Where there is doubt, let me sow faith.

Where there is despair, let me sow hope.

Where there is sadness, let me sow joy.

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 2: THEME - I AM THE DIVINE SELF

The "I am the Divine Self" mantram: is designed to correct the misperception that we are simply mortal beings locked into a material world, and to bring about a re-identification with our true spiritual Self. It brings about a realignment of the personality consciousness with the soul and with the Divine. It is a truly beautiful and uplifting mantram.

Alignment

(The meditative skill in focus this month is conscious alignment of the personality with the soul. The simple alignment exercise we use at every meditation is the first step in this important process.)

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

(Imagine your soul to be a radiant, angelic being, or perhaps a sun-like sphere of radiant energy surrounding and enveloping you – the center of which is just above your head).

4. Align with your Soul:

(Imagine a line of golden or white light connecting you with your soul; then - visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.)

5. Sound the Sacred Word OM

Dissociation Exercise

(This exercise is another step in the personality-soul alignment process, which depends upon the student making a firmer identification as a soul.) Mentally affirm and realise:

1. I have a physical body; but I am not the physical body. I am the Soul. (*"Lift eyes" to the soul*)
2. I have emotions, but I am not the emotions. I am the soul.
3. I have a mind and thoughts; but I am not the mind. I am the soul.

Meditation

In each meditation session, say the whole mantram and try to feel in your heart what the words convey. Then, select a line as the day's seed-thought, beginning at the first line and moving through the mantram. By the end of the month, ensure you are working with the entire mantram. As you meditate on each line, try to see yourself as you are spiritually, as a soul, as Light; and feel the expansive effect in your heart.

**I am the Divine Self. (*Imagine the soul*)
Immortal. Eternal. Radiant with Spiritual Light.
I am that Self of Light, that Self am I.
The Self in me, (*the spirit essence*) is one with the Self in all.
I am that Self in all; that Self am I.**

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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

"SALUTATION TO THE SUN" - THE GAYATRI MANTRAM



Gayatri (GUY-ah-tree) is a Sanskrit word for a song or a hymn. There are many *gayatri* mantrams - in Hinduism all Gods and Goddesses have a *gayatri* mantram associated with them. The "*Gayatri Mantram*" is the oldest and most well known of all *gayatri* mantrams and is a hymn to the Almighty. Here is a Hindu translation with an English translation below.

*Om bhur bhuvah svah
tat-savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah pracodayat*

The deity associated with this mantram is the Sun - *Savitri* (the second word, line two), the Sun as it is rising and setting. The Sun is a metaphor for God, which when personalised for man is the soul, and when universalised, is the One Central Sun or Life of the Universe.

God — glorified by the light, ineffable and effulgent, shining forth. ¹

When chanted, the One Deity, the One from whom all life is created, is saluted and the indwelling God-light is invoked.

In the *Gayatri* we pray to the creator of the entire universe and so establish the beginnings of a conscious relationship, transcending all limitations, with "the one supreme God." Its use builds into our deepest consciousness the reality that man is God-created. ²

A Translation

**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.**

1. Oh Thou, Who givest sustenance to the universe: a personal salutation or greetings to "God," the glorious and ineffable, sustaining light and life of the universe.
2. **From Whom all things proceed, to Whom all things return:** acknowledges the relationship of all life in the universe to Deity - all are born from the One Parent and one day all too will return. It also acknowledges one's personal relationship with Deity and one's approaching return.
3. **Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light:** As we sound the mantram and meditate on its meaning - "light, God, the One Absolute Reality," so it may inspire and enlighten us and remove any obstacles to our enlightenment. It invokes our own, inner spiritual light to help bring us to self-realization.

¹ Alice Bailey, From Bethlehem to Calvary, p159

² <http://www.lucistrust.org>

4. **That I may know the truth and do my whole duty, as I journey to Thy sacred feet.** Once aware of the truth of our true spiritual identity, we serve the Plan, which is to assist all fellow travellers back to the sacred Source.

MEDITATION 3: THEME - THE GAYATRI MANTRAM

The Gayatri Mantram is a salutary hymn to the Almighty, and is very uplifting. Every time a hymn as powerful as this is sounded with "heart", the atomic substance of our nature undergoes transformation. It is particularly powerful when chanted while observing the rising or setting sun.

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM

Meditation

In each meditation session, say the whole mantram and try to feel in your heart what the words convey. Then, select a line as the day's seed-thought, beginning at the first line and moving through the mantram. By the end of the month, ensure you are working with the entire mantram. Answer the questions and any others that should arise.

The meditative skill in focus this month, is the analysis of the seed-thought. Here is a recommended method. Analyse the seed thought and establish clearly in your mind the following:

1. What you think the seed-thought means generally
2. What you think the seed-thought means to you personally.
3. What you think the inner significance is, the *spiritual* truth that the seed-thought veils. As you do this, "lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

**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.**

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then

- c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME –
"LEAD ME FROM DARKNESS TO LIGHT"**

This is a prayer from the Vedas - *Asatoma Ma Sadgamaya* (Bhadaranyaka Upanishad — I.iii.28); in which the supplicant asks the Almighty for assistance. It is an entreaty for spiritual enlightenment and illumination. Enlightenment - the spiritual illumination of the mind so that the love and light of the soul has free expression through the nature, is the goal for all spiritual seekers. Enlightenment is the doorway into reality, continuity of consciousness, and true spiritual beauty. This is the goal of this mantram.

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":
**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.**

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

**Let reality guide my every thought,
and truth be the master of my life.
O Lord, lead me from darkness to Light,
From the unreal to the Real, From death to Immortality,
From chaos to Beauty.**

Week 1: Let reality guide my every thought, and truth be the master of my life.

- How would you define *reality*?
- What would your life be like if reality guided you and your thought life?
- How do you define *truth*? How truthful and accurate are you in what you say?
- What would your life be like if you spoke only the truth - with kindness?

Week 2: O Lord, lead me from darkness to Light

- What do you think people's lives are like when living in the darkness of ignorance?

- What is the relation between light and enlightenment?
- To what extent do you think the energy of soul is expressing through you?

Week 3: From the unreal to the Real, From death to Immortality

- What is the world of the unreal? How does it compare to that which is Real?
- Where do you stand between these worlds of the unreal and Real?
- Interpret " From death to Immortality"; to what does it refer?

Week 4: From chaos to Beauty.

- To what extent have you overcome the chaos of the lower life?
- What is the cause of this chaos on an individual and global level?
- How much inner Beauty do you find within yourself?
- Is this inner Beauty yours (as a personality), or the soul's, or God's? What do you think?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's Light, Love and Spiritual Power, to the world.

THE GREAT INVOCATION

**From the point of Light within the Mind of God,
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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 THEME – THE MANTRAM OF UNIFICATION

We are told by the Tibetan Master that the Mantram of Unification "is a modernised and mystically worded version of one which was used widely in Atlantean days during the period of the ancient conflict of which the present (World Wars I and II) is an effect." ³ It was given to disciples to help unify humanity and reorient man to higher values.

Each meditation period, say the entire mantram, being mindful of the goal of unification - you with humanity and humanity as a whole. Then meditate upon each segment for a week, answering the questions and any others that may arise.

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

**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 we may know the truth and do our whole duty,
as we journey to Thy sacred feet. OM.**

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

The Mantram of Unification

The sons of men are one, and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

Let pain bring due reward of light and love.

Let the soul control the outer form,

And life, and all events,

And bring to light the Love

That underlies the happenings of the time.

³ Alice Bailey, Externalisation of the Hierarchy, p142

**Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone.
Let love prevail. Let all men love.**

Week 1: The sons of men are one, and I am one with them.

**I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.**

- To what extent do you personally express love, helpfulness and harmlessness?
- What can you do to express more of these soul qualities?

Week 2: Let pain bring due reward of light and love.

**Let the soul control the outer form,
And life, and all events,
And bring to light the Love
That underlies the happenings of the time.**

- Have you suffered a painful experience in your life, that eventually resulted in a more rewarding life filled with "light and love". Was the pain worth it?
- How influential is the One Soul (Love) in humanity today, when compared to the period of the World Wars? What is the difference, if any?

Week 3: Let vision come and insight.

**Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone.
Let love prevail. Let all men love.**

- Can you vision a future humanity as a united, one-soul, expressive of love?
- What will it require to heal the cleavages in humanity?

Week 4: Let vision come and insight. Let the future stand revealed.

**Let inner union demonstrate and outer cleavages be gone.
Let love prevail. Let all men love.**

- Change begins with the individual. How integrated are you do you think?
- To what extent can you love with your mind (be harmless in thought)?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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

THE RULES OF THE ROAD

Stanza 1. The Road is trodden in the full light of day, thrown upon the Path by Those Who know and lead. Naught can then be hidden, and at each turn upon that Road a man must face himself.

Stanza 2. Upon the Road the hidden stands revealed. Each sees and knows the villainy of each. And yet there is, with that great revelation, no turning back, no spurning of each other, no shakiness upon the Road. The Road goes forward into day.

Stanza 3. Upon that Road one wanders not alone. There is no rush, no hurry. And yet there is no time to lose. Each pilgrim, knowing this, presses his footsteps forward, and finds himself surrounded by his fellowmen. Some move ahead; he follows after. Some move behind; he sets the pace. He travels not alone.

Stanza 4. Three things the Pilgrim must avoid. The wearing of a hood, a veil which hides his face from others; the carrying of a water pot which only holds enough for his own wants; the shouldering of a staff without a crook to hold.

Stanza 5. Each Pilgrim on the Road must carry with him what he needs: a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life; a purse of gold, which he scatters not upon the Road, but shares with others; a sealed vase, wherein he carries all his aspiration to cast before the feet of Him Who waits to greet him at the gate—a sealed vase.

Stanza 6. The Pilgrim, as he walks upon the Road, must have the open ear, the giving hand, the silent tongue, the chastened heart, the golden voice, the rapid foot, and the open eye which sees the light. He knows he travels not alone.

MEDITATION THEME – RULES OF THE ROAD, STANZA 1

The meditative skill in focus this month, is "the ability to enter into greater soul consciousness". The Esoteric Meditation Format that you have been instructed to follow, is helping you to develop this skill. It leads you from your personal consciousness and space, up into soul consciousness, and even beyond. Each time you meditate following this format, a little more soul light and wisdom enters into your consciousness.

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

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

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means to you generally, to you personally; then finally its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

Say the whole stanza as you begin each meditation period, then meditate upon each line for a week, answering the questions and any others that should arise.

The Rules of the Road (of Group Law) - Stanza 1.

**The Road is trodden in the full light of day,
thrown upon the Path by Those Who know and lead.
Naught can then be hidden, and
at each turn upon that Road a man must face himself.**

Week 1: The Road is trodden in the full light of day,

- What is the Road, and why "the full light of day"?
- What dangers await those who try to walk in the shadows?
- How much of your time is spent either in the light, or in the shadows?

Week 2: (That light is) thrown upon the Path by Those Who know and lead.

- Who are the Knowers?

- Why do they lead and what is the nature of the light they throw?

**Week 3: Naught can then be hidden, and at each turn upon that Road
a man must face himself.**

- Do you think the Law of Karma is involved here, and if so, how?
- Was there a most challenging situation in your life when, because of your actions, you had to "face" yourself and it was a hard thing to do?

Week 4: [The whole of stanza 1]

- Let us suppose that it is your soul who is leading you on today and is throwing light upon your way. As you face yourself today, what is it do you think that your soul wants you to realise about yourself ?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME – RULES OF THE ROAD, STANZA 2

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

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

Meditation

The meditative skill in focus this month, remains on "the ability to enter into greater soul consciousness". Every time we meditate successfully using an esoteric method, this is achieved. A little more light enters our consciousness and a little more wisdom.

Analyse the seed thought (using any accompanying questions) -); determine what it means to you generally, to you personally; then finally its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

The Rules of the Road - Stanza 2.

**Upon the Road the hidden stands revealed.
Each sees and knows the villainy of each.
And yet there is, with that great revelation, no turning back,
no spurning of each other, no shakiness upon the Road.
The Road goes forward into day.**

**Week 1: Upon the Road the hidden stands revealed.
Each sees and knows the villainy of each.**

- Since you stepped onto the Path of Spiritual Development, are there "hidden" traits that you have brought into the light, characteristics needing transmutation because of their negative effect on your life? Please describe the process, how this has benefitted your life and the life of those you contact?
- Do you recognize the "villainy" of those you contact? If so, what is your response to that recognition? Is your response the *correct* response?

**Week 2: And yet there is, with that great revelation, no turning back,
no spurning of each other, no shakiness upon the Road.**

- How easy or difficult is it for you to keep moving firmly towards your important life goals and spiritual goals, when faced with challenging revelations and obstacles?
- When you recognize the villainy within yourself or others what, in general, is your first response? Why is this your first response? Is this response as it should be?

Week 3: The Road goes forward into day.

- How would you interpret this statement for your own forward progress, and in relation to the two previous sentences?

Week 4: [The whole of stanza 2]

- Are there individuals or groups in your life that you have spurned because of their perceived "villainy"? If so, how do you reconcile such behavior with the given instruction? How easy is it for you to forgive? What additional work on yourself is required to bring yourself more into line with this rule?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME – RULES OF THE ROAD, STANZA 3

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the “soul”.
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. Think of your fellow soul members in the Morya Federation as you say "from the heart":

**I am one with my group of brothers and all that I have is theirs.
May the love that is in my soul pour forth to them.
May the strength that is in me lift and aid them.
May the thoughts which my soul creates reach and encourage them. OM.**

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means to you generally, to you personally; then finally its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

Say the whole stanza, then, meditate upon each line for a week, answering the questions and any others that should arise.

The Rules of the Road - Stanza 3.

**Upon that Road one wanders not alone.
There is no rush, no hurry. And yet there is no time to lose.
Each pilgrim, knowing this, presses his footsteps forward,
and finds himself surrounded by his fellowmen.
Some move ahead; he follows after.
Some move behind; he sets the pace.
He travels not alone.**

Week 1: Upon that Road one wanders not alone.

- At which point in your life did you come into contact with a member/s of your spiritual family, people with whom you had a strong inner spiritual connection? Looking back, what major decision did you make (if at all) that led to making that connection?
- Why, when treating the Path of Spirituality, is it important that one wander not alone?
- What has been your tendency – to move with your spiritual companions or without them? Why?

Week 2: There is no rush, no hurry. And yet there is no time to lose. Each pilgrim, knowing this, presses his footsteps forward, and finds himself surrounded by his fellowmen.

- Why is there no rush and no hurry in treading the Path? Why is there no time to lose?
- What does it mean that when pressing one's footsteps forward one will find oneself surrounded by one's fellowmen?
- Are you satisfied with the pace at which you are "travelling"? If no, what could you do to improve your progress and group skills?

**Week 3: Some move ahead; he follows after. Some move behind; he sets the pace.
He travels not alone.**

- Are you at the stage that you recognise the people who are being drawn to you for guidance and inspiration? If so, how are you responding to that need?
- Do you also recognize those to whom you should look for guidance and inspiration? If and when this recognition comes to you, what is your response?

Week 4: [The whole of stanza 3]

- What special message in this stanza, do you think is relevant for you now, as you travel the Road?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME – RULES OF THE ROAD, STANZA 4

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM

Visualisation exercise on the Gayatri:

The meditative skill in focus this month, is the ability to meditate creatively. This is easier for those who have right-brain, visual type minds. To create with our minds, is the first step to creating reality. If we persist in our visualisation over an extended period, that which we "see" will manifest in time and space. To help your development in this area, this visualisation exercise has been added. You may choose to stagger the creative exercise with meditation, doing them on alternate days. If so, ensure you end with the "lower interlude" and "distribution".

- See yourself standing on the seashore just before dawn - the air and sea are still. You look expectantly at the horizon, waiting for the emergence of the Sun. Light increases..
- Then, the topmost part of the solar circle breaks the horizon and light bursts forth, with rays of gold. Recognising that this is the earthly aspect of the Almighty, you say reverently (silently or aloud):

1. Oh Thou, Who givest sustenance to the universe.

Open your mind and heart in salutation as gradually the Sun continues to rise, shining forth in a burst of golden molten light..

2. From Whom all things proceed, to Whom all things return,

You imagine the sweep of life as it emerges from, then returns to, the Sun (Deity).

3. Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light. That I may know the truth ..

See yourself as enlightened and wise.

4. And do my whole duty

See yourself radiating love and light to all beings on Earth.

5. As I journey to Thy sacred feet.

See yourself walking towards the Sun-God, or - towards your Master.

Sound the **OM** as you bring the exercise to a close.

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means to you generally, to you personally; then finally its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

The Rules of the Road - Stanza 4.

Three things the Pilgrim must avoid.

**The wearing of a hood, a veil which hides his face from others;
the carrying of a water pot which only holds enough for his own wants;
the shouldering of a staff without a crook to hold.**

**Week 1: Three things the Pilgrim must avoid. The wearing of a hood,
a veil which hides his face from others;**

- Referring to "three things" to be avoided: on reading the mantram, to what, in general, do you think they refer? Offer your interpretation.
- Do you think they could be referring to negatives associated with the mind, emotions and physical body? If so, why?
- Do you sometimes "veil" your thoughts from others, and if so, for what reason? Do you think that now is the time to take off the hood, to drop the veil somewhat? If yes, why? How would you go about doing this?

Week 2: (The Pilgrim must avoid) carrying a water pot which only holds enough for his own wants;

- A generous heart and compassionate spirit are required as we travel with others. Can you think of a time you were a recipient of such generosity or kindness, and the effect it had on your life? Are you similarly generous with others? If so, what effect does it have?

Week 3: (The Pilgrim must avoid) the shouldering of a staff without a crook to hold.

- What do you think this statements means for you and your inner developmental work?

Week 4: [The whole of stanza 4]

- What special message in this stanza, do you think is relevant for you now, as you travel the Road?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME – RULES OF THE ROAD, STANZA 5

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the “soul”.
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

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

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth..

The Rules of the Road - Stanza 5.

**Each Pilgrim on the Road must carry with him what he needs:
a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon
his heart and show his fellowmen the nature of his hidden life;
a purse of gold, which he scatters not upon the Road, but shares with others;
a sealed vase, wherein he carries all his aspiration
to cast before the feet of Him Who waits to greet him at the gate
—a sealed vase.**

Week 1: Each Pilgrim on the Road must carry with him what he needs: a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life;

- *"A lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life":* what do you think this means and how may it relate to your spiritual development at this point in time?

Week 2: (Each Pilgrim on the Road must carry) a purse of gold, which he scatters not upon the Road, but shares with others

- Could this be interpreted in ways other than with the use we make of our material life resources? If so, what other ways?

Week 3: (Each Pilgrim on the Road must carry) a sealed vase, wherein he carries all his aspiration to cast before the feet of Him Who waits to greet him at the gate—a sealed vase.

- What do you think this means regarding your aspirational life - "a sealed vase"? Why sealed? What would be the consequences for you and for others if the vase were not "sealed"?
- Who do you think "He" is that waits to greet you, and at what "gate"?

Week 4: [The whole of stanza 5]

- In relation to the focus this month of "understanding one's place in the universe", how does this stanza contribute to that?
- How would you summarize the stanza's principal message? What is your most significant learning from studying this stanza?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 THEME – RULES OF THE ROAD, STANZA 6

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

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

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth..

The Rules of the Road - Stanza 6.

**The Pilgrim, as he walks upon the Road,
must have the open ear, the giving hand, the silent tongue,
the chastened heart, the golden voice, the rapid foot,
and the open eye which sees the light.
He knows he travels not alone.**

Weeks 1 and 2: [The whole of stanza 6].

- Please offer your essentialized interpretation of the meaning of each of the seven requirements listed in Stanza 6.
- Of the "musts" mentioned, which quality do you think is strongest in you? Why do you think so? Which one or ones of the "musts" do you think you must further cultivate? Why? What would be the result in your life if you were successful in this cultivation?
- The mantram ends with the phrase "He *knows* he travels not alone". Why the emphasis on this phrase?

Weeks 3 and 4: [The whole mantram, all six stanzas]

- As you look over the six stanzas, can you formulate a list of instructions that you think are most relevant for your own spiritual development? What would that list

contain? Are you working on any of the points on your list now? What do you think your life will be like if you successfully met each criterion?

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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 Theme – "Union"

"I am that Self in all; that Self am I."

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire formula of seven lines.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.
- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights.

I am the Divine Self. (Imagine the Monad, and think about it.)

Immortal.

Eternal.

Radiant with Spiritual Light.

I am that Self of Light, that Self am I.

The Self in me, [The Spirit essence] is one with the Self in all. [The Spirit-Essence of the universe].

I am that Self in all; that Self am I.

I am That One, That One am I

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

THE GREAT INVOCATION

**From the point of Light within the Mind of God,
Let Light stream forth into the minds of men,
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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 Theme – MESSENGER OF LIGHT

"I am a messenger of Light."

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart's aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire mantram.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.

- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights.

I am a messenger of Light. I am a pilgrim on the way of Love.

I do not walk alone, but know myself as one with all great souls, and one with them in Service.

Their strength is mine; this strength I claim. My strength is theirs and this I freely give.

A soul, I walk on Earth. I represent the ONE.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

Meditation Theme – GROUP SERVERS

"Mantram for the New Group of World Servers."

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart's aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire mantram.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.

- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights as you say the Mantram for New Group of World Servers:

May the power of the One Life pour through the group of all true servers

May the love of the One Soul characterize the lives of all who seek to aid the Great One

May I fulfill my part in the One Work through self-forgetfulness, harmlessness, and right speech.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

Meditation Theme – UNIFICATION

"Mantram of Unification, Part I."

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart's aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire mantram.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.

- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights.

The sons of men are one and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

Meditation Theme – UNIFICATION

"Mantram for Unification, Part II."

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart's aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire mantram.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.

- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights.

Let pain bring due reward of light and love.

Let the soul control the outer form and life and all events, And bring to light the love which underlies the happenings of the time.

Let vision come and insight. Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all men love.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

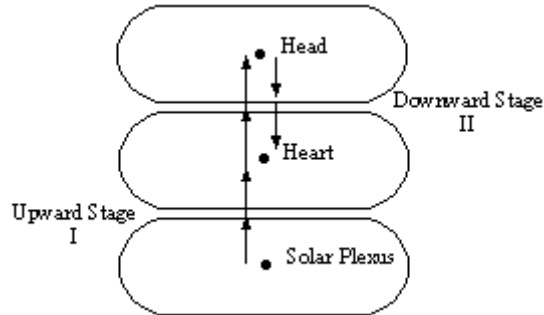
Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

MEDITATION 17 - Theme – Will

"I am will and fixed design."

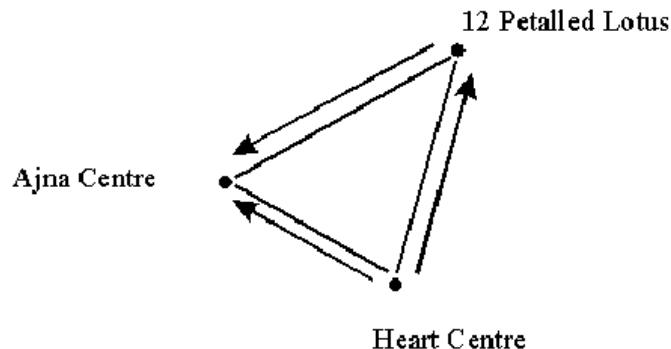
In previous meditations you have been taught to focus consciousness in the head center. You have also been focusing on specific energy and directing that energy from one point to another. Now you will learn to summon the will from the head center for the purpose of directing it downward into the solar plexus. This will facilitate the work of lifting the solar plexus to the heart center and establishing the proper alignment between the solar plexus, heart, and head centers.



There are two points of vital light within the solar plexus that makes this center so important; it is a clearing house for the centers below the diaphragm to those above it. One of these points of light is connected with the lower psychic and astral life, and the other is brought into activity through the inflow of will from the head center, which stimulates sensitivity to the higher purpose of the soul. This is done in two stages, first lifting the energy of the heart center to the head via soul-controlled aspiration. The second stage is the deliberate sending of spiritual energy to the solar plexus via an act of the will.

These things are accomplished through a regular rhythm of daily meditation and cultivating daily activities that are considered "intentional living" (i.e., right thoughts, right speech, right actions). Try, in this process, to recognize not only your own individual actions and reactions, but also how they impact the sphere of influence around you.

Eventually, as disciples, you will extend this work to become ashramic in nature and effect. You will see that the work you are doing here relates the heart center to the twelve-petalled lotus in the head; that it is necessary to direct this loving heart energy to the service of humanity via the ajna center; and that this then establishes an important triangle that disciples work with:



Meditation

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the “soul”.

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart’s aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

Meditation

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire mantram.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid “falling” into your meditation and thereby losing awareness.
- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.

- e. Open your awareness for any insights as you say the Mantram for New Group of World Servers:

I am the soul. And also love I am. Above all else I am both will and fixed design.

My will is now to lift the lower self into the light divine. This light I am.

Therefore, I must descend to where the lower self awaits my coming. That which desires to lift and that which cries aloud for lifting are now at-one. Such is my will.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
 - a. Back into the mind, illumined and responsive to the intuition.
 - b. Into the emotions, irradiated by Spiritual Light.
 - c. Into the body, empowered by Spiritual Will.
2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

MEDITATION 18 - DINA meditations I & II

Meditations adapted from *Discipleship in the New Age* (DINA)

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".

Dissociation

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.
(Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.
(Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.
(Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

Meditation I:

1. As a group reflect on the alignment of soul and personality, using the creative imagination in the process. This is a "feeling" or astral activity.
2. Assume a relation of solar plexus, heart and head, with the focus of the assuming consciousness in the region of the ajna centre. This is done mentally.
3. When this has been achieved and realised, there follows next the concentration of aspiration and of thought in the heart centre, imagining it to be just between the shoulder blades. It must be recognised that the concentration of thought energy is definitely there.
4. Then follows the conscious and imaginatively withdraw the heart's aspiration, life and devotion into the centre above the head (the thousand-petalled lotus), and its conscious focussing there.
5. When this stage has been reached, and the conscious recognition of place and activity is being gently yet surely held, then sound the Sacred Word, OM, very softly three times, breathing out and towards:

The Soul OM

The Hierarchy OM

Humanity OM

These three recognised factors now constitute a definite and linked triangle of force.

6. Then say with *heartfelt intent* (consider the significance of those two words) the Mantram of Unification:

The sons of men are one and I am one with them.

I seek to love, not hate; I seek to serve and not exact due service; I seek to heal, not hurt.

Let pain bring due reward of light and love.

Let the soul control the outer form and life and all events, and bring to light the love which underlies the happenings of the time.

Let vision come and insight. Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all men love.

Meditation II:

1. Focus consciousness in the head, summon the Will:

I am the soul. And also love I am.

Above all else I am both will and fixed design.

My will is now to lift the lower self into the light divine. This light I am.

Therefore, I must descend to where the lower self awaits my coming.

That which desires to lift and that which cries aloud for lifting are now at-one.

Such is my will.

(by an act of will carry the energy focussed in the head to the solar plexus. visualize the process of *focussing demanding descending and at-one-ing*)

2. Pause ... *feel* and sense vibration or interplay established between *awakened* and *awakening* points within the solar plexus. (slow concentration).

3. Knowing yourself to be the soul which is breathing it forth from the head centre, - on the breath of will and love. sound the OM twice from the head centre, OM OM Believe this sound stimulates the solar plexus in the right way, - transmutes the lower energies so that they are pure enough to be carried - to the awakening point and from that point to the heart centre.

4. Breathe out the OM again into the solar plexus, draw the focussed energy up the spine towards the head. OM Focus in the heart, see a triangle formed between head, heart solar plexus. a neon light of indigo blue.

5. Standing in the centre of the heart see the energy of your group brothers as radiating spokes of a great wheel of light. At the centre of the wheel, like the hub of the wheel, DK.

6. See this wheel actively moving and scintillating, and thus serving humanity through its focussed radiation. This radiation is the radiation of love.

7. Sound the Gayatri and then 3 OMs.

Lower Interlude

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:

- a. Back into the mind, illumined and responsive to the intuition.
- b. Into the emotions, irradiated by Spiritual Light.
- c. Into the body, empowered by Spiritual Will.

2. Review any thoughts or insights that arose during your analysis of the seed-thought.

Distribution

Sound the **Great Invocation**, distributing God's light, love and spiritual power, to the world.

Daily Deliberation

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.