

MEANS 7 – MEDITATION

Thoughts to Ponder Prior to Meditation

Introduction

This meditation is based on the *Light of the Soul, the Yoga Sutras of Patanjali*, discussing the 8 Means to Union with the Soul. Read *Light of the Soul*, Book III, (Sutra 2) on Means VII, Meditation to get a clearer understanding of this means.

3-2 *Dhyana* (meditation) is sustained concentration.

Real Raja Yoga starts from concentration; concentration merges into meditation; Meditation ends in Samadhi.

The mind fixed upon a single object for twelve seconds is a Dharana, twelve such Dharana's will be a Dhyana, twelve such Dhyanas will be a Samadhi." Vivekananda

Having achieved the capacity to concentrate the mind steadily upon an object, the next step is developing the power to hold the mind stuff or chitta unwaveringly occupied with that object or thought for a prolonged period... gradually moving from the outer form of the object towards its emanating source.

"... Dhyana is the entire fixing of the mind on the object thought of (to the extent of making it one with it). The mind should be conscious only of itself and the object." The attitude should be pure fixed attention; the physical body, emotions, surroundings, and all sounds and sights are lost sight of and the brain is conscious only of the object which is the topic or seed of meditation, and the thoughts which the mind is formulating in connection with that object."
Dvivedi LS 247

When all is forgotten and the mind is fixed only on its own pondering upon the object, this is meditation. When one is dwelling only on that internal part, when only the meaning of the thought is present, this is samadhi.

Means VII.

Meditation. *Dhyana*. The capacity of the thinker to use the mind as desired and to transmit to the brain, higher thoughts, abstract ideas, and idealistic concepts. This means concerns higher and lower mind.

MEDITATION

1. Basic Meditation Alignment

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

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

What, in your understanding, is the meaning of “dhyana”?

Select an object that symbolizes Deity or Reality to you. With uninterrupted concentration, examine this object (note its shape, its color).

Continue with the object from above, and this time feel its energy. Is there any effect it has on your consciousness when you concentrate on it?

Meditate even deeper on the object. Tune in to its higher purpose. Seek to understand what it reveals about God’s Plan and Purpose.

Visualize the energies received during meditation flowing into and transforming your mental, emotional, physical / etheric bodies. Plan to apply what has been understood in meditation to your daily life.

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