

# MEDITATION 8

## RULES OF THE ROAD (3)

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### Glossary

#### Antahkarana

The antahkarana is a channel of light energy forming a path of communication between the brain, the mind, and the soul, producing an integrated personality that is capable of steadily developing the expression of the soul. The mind, in this case, is the intermediary between the physical brain and the soul. Once this is completed, we built a higher Antahkarana that links the soul with the Spiritual Triad (Spiritual Will, Intuition, and Higher mind).

#### Spiritual Triad

The Spiritual Triad is the unification of Atma, Buddhi, and Manas (Spiritual Will, Intuition, and Higher mind).

## MEDITATION THEME – "RULES OF THE ROAD, STANZA 3"

The meditative skill in focus this month, is the ability to build quality into one's consciousness and life. We have actually been doing this in all our meditations. Every seed thought theme chosen, has been inspiring and uplifting, Meditating upon these inspirational ideas and qualities serves to build them into our mind, our consciousness, into the very structure of who we are.

The primary *quality* referred to in the meditation theme this month - Rules of the Road, Stanza 3, is inclusiveness ("one wanders not alone" and "surrounded by his fellowmen"). To this end, the mantram "I am one with my group brothers and sisters", is included in the alignment section. Its purpose is to bring about greater inclusiveness within the group - in this case, with your fellow souls in Morya Federation.

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.

### Rules of the Road and Florence Nightingale (3)

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.



Enlisting the aid of other women, Florence Nightingale arrived at Scutari Barracks with 38 volunteer nurses trained in her methods (she set the pace for others to follow as she advocated better diet and cleanliness as a way of both decreasing the mortality rate and helping soldiers heal their wounded hearts).

## 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".
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**

**Daily Deliberation:** Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing. Practise forgiveness and acceptance of all men and women -- not acceptance of evil actions, but understanding and compassion because even wrong-doers are souls, temporarily blinded by ignorance.

**Monthly Full Moon Participation:** There are powerful alignments among the Sun, Moon, and Earth during the time of New and Full Moons, and so we recommend a special meditation each

month during these events. You can download the meditations from the Meditation Quest homeroom, or participate with Michael and Tuija Robbins each month when they offer their Pre-Full Moon Webinar Meditation and Exact-Moment Full Moon Meditation-Service Broadcast.

### **Meditation Report #8**

Please answer the following questions in your Meditation Report (keeping your answers "brief but full" and post on Morya Federation within three days of the Full Moon.

1. What was the Meditation Lesson Number and Theme this month?
2. How would you summarize the Rules of the Road - Stanza 3? What important instruction does it give us?
3. Relating Stanza 3 to yourself, what insights did you gain about your own personal journey?
4. The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience?
5. How was the general quality of your meditation this month? Have you managed to establish a regular pattern of meditation? Are you experiencing any difficulties in your meditation work - if so, please explain? Do you have any questions?

### **Study**

Please answer at least one of the questions below. You may choose to answer more than that.

7. Select one tier of petals and describe your understanding of it.
8. What petals do you think are unfurled in your own Egoic Lotus? Why?
9. When you reflect on what you learned in the study papers, please select one item which you found to be particularly meaningful, and please explain why.