Meditation for SOTI 10

The Simplicity of Identification

Identifying *With* and *As* Members of the Human, Animal and Vegetable Kingdoms without Discrimination

Extending Identification to the Mineral Kingdoms

1. Raja Yoga withdrawal from every one of the personality vehicles—Neti, Neti—and from the personality itself as a whole.
2. Imaginatively enter the egoic lotus – a world of Light, Love and Power
3. Realize the structure of the egoic lotus but go finally and in imagination to its heart—there the fiery "Jewel in the Lotus" burns—and there look out upon a world in which *Unity* prevails, in which Unity has been *isolated* no matter how great the apparent diversity.
4. Enter the World of the Spiritual Triad—first the abstract mind which can think about the *World Process* as Whole. Contemplate this World.
5. Then the World of Intuition—the World of Buddhi—which *knows* the interrelationship of all beings and things through direct vision or straight sight. Contemplate this World.
6. Then the World of Spiritual Will—the World of Atma—in which is experienced the Will which animates the Divine Plan. Contemplate this World.
7. Then into the World of Being—the World of the Monad—where that which we call Identification occurs in a very pure form, at least as regards Identification on the cosmic physical plane. Contemplate this World.
8. Then as you descend apparently into your more customary microcosmic nature, retain the Unity which imaginative penetration into the "Jewel in the Lotus" has shown you; retain the still deeper Identification which imaginative penetration into the World of the Monad has shown you.
9. Using your creative imagination, and remembering the work we did last Saturday, instead of concentratedly *choosing* the image of another human being to whom you are attracted or by whom you are repelled, allow a stream of consciousness to suggest the image of one human being after another—individuals you know, do not know, may simply have seen—allow the flow to occur as you do the following:
   1. Focusing in the heart center, be at least imaginatively aware of three higher *twelves*: the *twelve* of the heart-in-the-head center; the *twelve* of the egoic lotus; and the *twelve* of the Monad. Feel this alignment as you inwardly gaze at this ‘other’ human being.
   2. See each images of the stream of other individuals as clearly as possible.
   3. As the image of each individual enters the mind’s eye, say too yourself slowly and repeatedly (pausing for realization between statements): 8 Am You.
   4. Do not concentrate upon *what* the person is *qualitatively* but simply *that the person* ***is****—existentially—in terms of being.*
   5. As you identify with each in the stream of individuals who come before your imaginative sight, realize that each also has a causal body and *is* a Monad. You need not linger over these realizations.
   6. Imagine the causal body of the person in question: Be the Field of Homogeneous Identity from which this causal body emerges. 8 Am You
   7. Imagine the Monad of the person in question: Be the Field of Homogeneous Identity from which this Monad emerges: 8 Am You
   8. Allow yourself to feel the *most subtle—*the both You and the individuals you are inwardly beholding are *externalizations of the 'ONE INFINITE BEING'*
   9. Identify *as* the individual you behold imaginatively—not as them *personally,* or even *egoically,* or even monadically, but as them *substantively.* You both are *identical in Substance.* Realize this as deeply as you can.
   10. Realize that you must practice this repeatedly over months, years and even lives for any degree of fulness of realization to dawn.
   11. Realize that *you must ignore quality as you search for the realization of identicality.* “It is not *what* you are, but *that* you are *at all!*)
10. Now sit with what you may have realized about the *identicality* of the flow of individuals who have (in an uncensored manner) arisen before your mind’s eye.
11. Follow the same process as you have just done for human individuals for members of the animal kingdom: allow images of members of the animal kingdom to appear before the your inner eye, and retain the impression of identification with each animal that appears.
12. Follow the same process as you have just done for human individuals and for members of the animal kingdom: allow images of members of the vegetable kingdom to appear before the your inner eye, and retain the impression of identification with each member of that kingdom that appears.
13. Now let us extend our practice of Identification to the vast mineral kingdom – the atoms, their molecular combinations: stones, metals, precious gems.
    1. Inwardly Behold one of your favorite members of the mineral kingdom and attempt to realize “8 Am This” or if you can extend the identification, “8 Am You” This may take more concentration upon *Essence* than concentrating upon kingdoms closer to the human kingdom.
    2. Now allow the flow of mineral kingdom images slowly to begin and see them one after another (not too rapidly) appear before the mind’s eye. Repeat with each image you see: “8 Am This” or “8 Am You”—realizing that any member of the mineral kingdom is, indeed, a “You” in an *essential, substantial* sense.
    3. See if you can produce the same *feeling of identification* you had when you did this for human beings, animals and plants as you now inwardly behold members of the mineral kingdom but concentrate, above all, on That Which Substands—which is your very *Essential Self.*
14. Try to realize what your life in the three lower worlds would be like if you were able to truly *identify* as another human being, another animal, another plant or (according to our focus in this meditation) as any member of the mineral kingdom and the objects formed from them.
15. Try to realize that *to* ***be*** *You* is still greater than *to* ***love*** *You* or to ***know about*** You.
16. Let us see Humanity, the Animal Kingdom, the Vegetable Kingdom and the members of the Mineral Kingdom as part of a great planetary Unity, from which state some may undertake the still deeper search for Identicality.
17. Let us sound the Great Invocation retaining as much of the ‘feeling’ of Identification as may be possible for us:

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