

GQ Raja Yoga Meditation Programme 001.11

THE 8 MEANS TO UNION: 1 THE COMMANDMENTS

4: ABSTAIN FROM AVARICE - BE CONTENT!

Thoughts to Ponder Prior to Meditation

THE THOUGHT CONTRARY TO YOGA: AVARICE (ALSO ENVY)

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

**Avarice is mind force craving after one's desires, and leads to physical plane sins.
They key is to stop being envious and hungering after other people's possessions.**

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

THE COUNTERBALANCING THOUGHT: CONTENTMENT

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

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

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

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

MEDITATION

1. Basic Meditation Alignment

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

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

2. Meditation:

Follow the Raja Yoga Meditation Method.

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

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

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

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

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

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

Exercise: the Counterbalancing Thoughts - Contentment / Generosity:

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

3. Lower Interlude:

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

4. Distribution:

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

THE GREAT INVOCATION

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

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

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

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

Let Light and Love and Power restore the Plan on Earth

OM, OM, OM

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