

GQ Raja Yoga Meditation Programme 001.6

HINDRANCE 3: ATTACHMENT - DESIRE

Thoughts to Ponder Prior to Meditation:

"Intense desire for sentient existence is attachment. This is inherent in every form, is self-perpetuating, and known even to the very wise." (Sutra 2:9) Life is all attachment in some degree or another, and the progress of the soul seems to be a gradual progression from one object to another, from the grossest to the finest, until all objects of attachment are exhausted.

Desire is attachment to objects of pleasure. These objects cover all the attachments which a man forms - from the savage state of infant humanity, to the occupations and reactions which the emotions or intellectual pursuits will offer, the rapture of the mystic, up to advanced degrees of discipleship. Desire is a generic term covering the outgoing tendency of spirit towards form life. (LOS 135,136 paraphrased)

Desire dominates and controls action when the life force is focussed in the desire nature, as it predominantly is with the majority of people. It cannot be controlled or transmuted when this is the case. The will is not sufficiently strong. When a man's life is run and controlled by the mind from mental levels, then transmutation does take place; transmutation (whereby the astral nature is changed and altered) may be of a spiritual nature or simply of an expedient nature. Desire may be transmuted into spiritual aspiration or into an attitude which is in conformity to the will of the mind which is expressing it. Obviously our goal on this course is to foster spiritual aspiration. (LOS paraphrased. LH)

"Non-attachment is freedom from longing for all objects of desire, either earthly or traditional, either here or hereafter." (Sutra 1:15). The soul is free of desire. No longer do the things of sensuous perception on any of the three planes attract or allure Him. His consciousness is inward and upward. It is no longer downward and outgoing. He is at the centre and the periphery no longer attracts him. The longing for experience, the craving for physical plane existence, and the desire for the form aspect in its many variations has for him no appeal. He has experienced, He knows, He has suffered, and He has been forced into incarnation through His longing for the not-self. Now all that is ended and He is the freed soul. (LOS 49)

1. Basic Meditation Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and normally and allow the steady rhythm of the breath help bring your etheric-physical vehicle and your astral body into a state of quiet, receptivity. Your mental nature should be quiet and in a state of poised positivity.
3. Abstract your attention gradually from your etheric-physical nature and your astral nature and focus it within your mental nature.
4. Realize from this vantage point that you are the soul-in-incarnation.
5. Visualize the light, love and power of the soul pouring into your three personality vehicles. (Pause)
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 us the face of the true spiritual Sun, hidden by a disk of golden light.
That we may know the truth and do my whole duty,
as I journey to Thy sacred feet."**

2. Meditation:

[Meditate upon the following seed thoughts, seeking to understand the energy of *desire* and *attachment*, and the difference between the two. To what specifically are you attached? What do you desire? Why do you think you are attached to or desire these things? What would your life be like if you were no longer subject to the sense of attachment? Can you distinguish and feel the difference between desire and aspiration (high desire)?

Follow the Raja Yoga Meditation Method.

1. **Physical:** Hold the seed thought before your mind's eye and read it through a few times. (Keep this brief).
 2. **Astral:** Note any sensations/ feelings evoked in the astral. (Keep this brief).
 3. **Mental – Meditation Itself:** Focus in your analytical mind, and analyse the seed thought, using “Sequential Thinking”.
 4. **Intuition - Contemplation:** this happens automatically when - after synthetic understanding is gained, the consciousness aligns first *with* the soul, then as the soul on its own plane, higher realisations are grasped intuitively. In the meantime, follow the steps, and “act as if”.
 5. **Illumination:** Finally, deliberately stop thinking and for a few seconds, imaginatively open yourself to *divine illumination*. You **must** maintain awareness at all times of what you are doing - waiting for illumination. For the first few attempts - even for days or weeks - nothing may happen, but in time - and intermittently at first, a thought or symbol may drop into your consciousness, for you to review during the “lower interlude” period.
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Seed Thought: 2.7:

Intense desire for sentient existence is attachment. This is inherent in every form, and is known even to the very wise.

Desire must be transmuted into the purity of spiritual aspiration and identification with the will of God.

Complete freedom from attachment to matter causes bliss or pleasure—the joy of realisation.

3. Lower Interlude:

1. 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.
 2. Then, think of something you own, and which you really value. This may be a book, item of clothing, food, computer, etc. Then think of giving this away to others. Visualise yourself doing so. By simply aspiring to give away something we're attached to, we train our fearful mind to let go. Expand this offering to include millions of books or clothing. Send these out into the universe for anyone to receive.
- 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