

GQ Raja Yoga Meditation Programme 001.7

HINDRANCE 4: THE SENSE OF PERSONALITY OR “I-NESS”

Thoughts to Ponder Prior to Meditation

The sense of personality is due to the identification of the knower with the instruments of knowledge. The lower ego or personality develops as the mind is used to gather information about the external world. The following text gives an excellent description about how ego tries to define itself.

Just as we cling to a personal self, we cling to a social self. As long as we believe in our social identity and seek to rest in a solid self fabricated by our interpersonal relationships, we will fear the loss of this self. We devote all our resources to feeding and defending the concept called the self, believing we are defending life itself. We may enjoy the idea of freedom from interpersonal and social suffering but recoil from letting go of our hard-won social identities. Who am I if not the parent, child, teacher, friend, American, Christian, Buddhist, Latino, nature lover?

These identities are based on the hungers [for pleasure, being and non-being]; they are locked into place by ignorance. In the hunger for interpersonal pleasure, we find self-definition in the ways we are pleased and who pleases us by how we avoid loneliness by pleasing others. “Do I find that person handsome? Does he find me beautiful?” “I’m a sports fan, and when I’m with others like me, I don’t feel lonely.” In the hunger to be seen we define ourselves by how we become visible - by whose attention we draw and how we draw it. “I am an artist, a great parent, a dutiful child, a hard worker, a collector of unique glassware, president of the arts council, a good person.” In the hunger not to be seen, we find identity in our fear and inadequacy. We merge with our cocoon, identifying with our armor; that armor becomes “me.” “I am an introvert.” “I am a drug addict and twelve-stepper.” “I am fragile and easily hurt.” Self-concept, unrecognized, can easily lead to pain and to self-centered thoughts and behavior; self-centered behavior spreads our suffering to others. *Insight Dialogue: The Interpersonal Path to Freedom (Gregory Kramer) p.67*

The advanced use of the mind is the one which the first five means of yoga bring about - the power to transmit to the brain the thoughts, wishes and will of the soul. As this develops, the sense of identification with the not-self becomes steadily less.

The third use of the mind is its use by the soul as an organ of vision whereby the realm of the soul itself is contacted and known. The final three means of yoga bring this about.

If the aspirant will regard the development and full use of his mind (the sixth sense) as his immediate objective, and understand clearly the three purposes for which it is intended, he will make rapid progress, the sense of personality will fade away and identification with the soul will ensue. This is one of the greatest of the fetters which hold the sons of men captive. It is here that the axe must be laid to the root of the tree. LOS 134

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

The personality sense of “I”, is caused by the knower (or seer) identifying with its instruments of knowledge. To what extent do I so identify? What do I need to do now to change this?

The mind is an organ of vision and enables the realm of the soul to be contacted and known. To what extent do I control the mind? How do I know when I have contacted the world of souls? Can I contact that world now?

The seer is pure knowledge (gnosis), but looks upon the lower world through the medium of the mind. I imagine myself as the Seer, looking upon the world through a quiet mind. What do I see?

Exercise: Visualise a Counterbalancing Thought such as Selflessness

1. Try to get a strong sense of your personality self, and the way it needs to prove its worth to the world, its specialness, in order to feel okay about itself.
2. Then visualise yourself as being confident inside, secure with the inner strength of a child of God.
3. Try now to get a sense of being selfless, without ego, without the need to prove yourself to the world. How good does this feel?
4. See yourself moving confidently into life without ego, and feeling strong and secure inside..

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

Throughout the month, endeavour to be selfless in your thoughts, words, and actions.