

# GQ Raja Yoga Meditation Programme 001.2-07

## **SPIRITUAL DISCIPLINE 1 - DISCRIMINATION.**

### Thoughts to Ponder Prior to Meditation

**2:23-25** For many incarnations, the soul identifies with the mind and senses. Ignorance is the cause of this identification . Liberation occurs when ignorance is brought to an end through non-association with things perceived.

**2-26:** This state of bondage is overcome through perfectly maintained discrimination.

Discrimination is the first of the three D's, three essential requirements and developments that will free the student from the hold of the material world.

**Discrimination:** the mind learns to select the good, the beautiful and the true,

**Dispersion:** the emotional nature becomes immune from the appeal of the senses and desire.

**Detachment:** awareness is withdrawn from the senses and calls of the lower nature. EXH 412

Bailey highlighted the importance of the ability to discriminate when she said: "One of the first things then that the aspirant has to learn is to dissociate his own aura in the emotional sense from that of his surroundings and much time is expended in learning to do this. It is for this reason that one of the first qualifications of discipleship is discrimination, for it is through the use of the mind, as analyser and separator, that the astral body is brought under control." White Magic 222

Discrimination is at first an attitude of mind and must be cultivated; It is the ability to distinguish between "this" and "that", between higher Self and not-self, between spirit and matter.

Making this knowledge a fact in the life is essential, so that all subsequent decisions and activities are based on what the soul requires. When this is developed, it is a very important step forward in the process of liberation; it begins the dis-identification process with the lower not-self, and re-identification with the higher Self. At first this is theoretical, then intellectual, but gradually discernment will be applied more and more in the happenings of the emotional and physical world.

Through discrimination, a consciousness is created which is based on reality.

#### *The 6<sup>th</sup> Ray, Taste and Discrimination*

The instinct which has characterised this passing sixth ray period and which has been noticeably fostered under its influence is that of taste — taste in food, in human intercourse, in colour, in form, in art and architecture and in all branches of human knowledge. This discriminating taste has reached a relatively high stage of development during the past two thousand years and "good taste" is a highly cherished mass virtue and objective today. This is a totally new thing and one which has been hitherto the prerogative of the highly cultured few. Ponder on this. It connotes evolutionary achievement. For the disciples of the world, this sense of taste has to be transmuted into its higher correspondence — a discriminating sense of values. Hence the clear emphasis laid in all textbooks on discipleship upon the need to develop discrimination. Desire — taste — discrimination; these are the values, under the sixth ray, for all evolutionary unfoldment and peculiarly the goal of all disciples.

**2-27 [The application of discrimination] results in gradual knowledge and illumination regarding the seven mind states or modifications of the thinking principle.**

LH: The mind modifications cause human beings perceive life in a distorted fashion - mind is fixated either in the past or future, or in denial of the present. But when discrimination is beginning to function, it is used to satisfy or quieten the seven cravings or insecurities which arise from the desire nature. These seven 'desires' arise progressively, and as the disciple moves through them, going through the learning involved, he fine-tunes his ability to discriminate.

## 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:**

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

**What exactly is “discrimination”? What does discrimination free the student from? To what extent are you able to discriminate?**

**What is the relation between the sense of taste, and discrimination?**

**“One of the first qualifications of discipleship is discrimination, for it is through the use of the mind, as analyser and separator, that the astral body is brought under control.” To what extent are you able to analyse dispassionately the workings of your astral body? What do you need to do to strengthen your discriminatory ability, in order to be more successful?**

**The student who develops non-attachment, becomes aware, eventually, through practised discrimination, of the overshadowing cloud of spiritual knowledge.**

**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**

### *Daily Practise to develop Discrimination*

1. Study your motives. As often as you can, analyse why you do what you do. Make this an intellectual exercise. Avoid descending into your emotions or trying to justify your actions. Look for facts.
2. Continually scan yourself and others, and look for those differences when: there is more Soul in a person, or when there is more ego; if you at any time may be expressing more soul, or ego; organisations where there is more soul because a concern for good is being demonstrated, or those which are self-serving and predatory.
3. From this point on, try to assume the attitude of the Soul, continually discriminating between the form and the life, between soul and body. Cultivate the real and negate the unreal in all your relationships and affairs.