

GQ Raja Yoga Meditation Programme 001.2-08

SPIRITUAL DISCIPLINE 1 - THINK AN OPPOSITE THOUGHT

Thoughts to Ponder Prior to Meditation

This practise is powerful, because it helps to overcome negative types of thought-form building and mind modifications.

2-33 To obstruct thoughts contrary to yoga (Harmfulness, Falsehood, Theft, Incontinence, Avarice) cultivate their opposite.

2-10 These five hindrances (Ignorance, Egoism, Attachment, Hate, Clinging to life) can be overcome by holding an opposing mental attitude.

Thoughts are of two kinds, they either limit the soul, or free it. Men move in the direction of their thoughts. If thoughts are greedy, the person becomes greedier. An impure mind surrounds itself with impure things, a pure mind with pure things. Thoughts contrary to yoga whether committed personally, approved of in others, whether small or large - result always in pain and ignorance. Every time these thoughts are used, the self submerges more deeply in illusion and ignorance.

Balancing the Opposites

We live in a dual world of conflicting and opposing forces. On one side we have the forces of materialism, on the other the forces of divinity; we have male on one side, and female on the other; goodness opposes evil; generosity versus greed, etc. These opposites play out through human nature on the physical, astral and mental planes, but the astral opposites of *pleasure* and *pain* dominate humanity. This is the area that causes most distress and pain. The average person spends his whole life swinging back and forth between the opposites. This keeps him bound to the Wheel of Rebirth.

Unchecked, the pull of the opposing forces within the nature creates turmoil. But it is only when we step onto the Path of conscious spiritual development, that the conflict really makes its presence felt. We wish to change, to overcome old hungers and appetites, to rise above the pain which this oscillation causes. But without proper esoteric training we find we cannot, no matter how hard we try.

"Conflict rages between two forces, and the student cannot move on until he finishes the battle and stands detached from emotional complications." Saraydarian, The Science of Becoming Oneself p28.

"The pathway home" is found where the opposite forces meet and counterbalance each other - at that central, balanced, still point. This is the 'razor edged' path.

"... the secret of liberation lies in the balancing of the forces and the equilibrising of the pairs of opposites. ... The path is the narrow line between these pairs which the aspirant finds and treads, turning neither to the right nor to the left." (EA 391; TWM, p9). ... "the disciplined self, moving among sense-objects with senses free from attraction and repulsion, mastered by the Self, goeth in peace." Bhagavad Gita

Remembering that 'all is energy', the hindrances or powerful negative thoughtforms, are destroyed by the intelligent application of counter currents." What is required is an active mental meditation (visualising the opposite), and one-pointed thought (persistently holding, applying, and sounding, an opposite thought or word.)

Eliminating the Hindrances is a dual process.

We have learnt about the technique of holding an opposing thought. But this must also be accompanied by a concerted effort to stop the physical body from acting out on the physical plane. Much that we do is automatic and the result of long continued emotional and mental habits. But every time we indulge an unconscious lower impulse, and allow it to take over our minds and emotions and then act this out on the physical plane, it is strengthened. These external 'acting-outs' must also be suppressed. The two techniques must be applied simultaneously, otherwise theory will not become intelligent practice.

It is the fire of mind - concentrated mind power, that destroys the five 'wrong ideas' or Hindrances, Just as a burnt and dried up seed is no longer capable of propagation and becomes infertile, so the seeds of the obstructions to the life of the Spirit are similarly rendered infertile by the blow torch of the focused mind. And a mind such as this, directed as it is by the soul, is acquired through the ongoing practise of occult meditation.

The technique:

1. Identify the negative thought.
2. Find an opposing and unifying thought.
3. Continuously offset the energy of the old thought by using the new one throughout the day. Take time to 'feel' and enjoy the new effects in your astral field.

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.

2. Do the following meditation -exercise:

The following negative mind modifications, are overcome by holding an opposing mental attitude/ by cultivating their opposite. Please select one to work with each meditation period.

- **Harmfulness**
- **Falsehood**
- **Theft**
- **Incontinence**
- **Avarice**
- **Ignorance**
- **Egoism**
- **Attachment**
- **Hate**
- **Clinging to life**

Self-observe. How much does this mind modification control the way you think and act? Find a thought that is opposite, and then strengthen it in your mind. See yourself expressing this thought, positively in your life.

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

Endeavour each day, to identify whenever your mind is constructing one of the negative mind modifications listed above. Immediately counterbalance with an opposite positive and liberating thought.