

# GQ Raja Yoga Meditation Programme 001.3

## THE OBSTACLES TO UNION

### Thoughts to Ponder Prior to Meditation:

The OBSTACLES to soul cognition are primarily due to a lack of development in each of the bodies – mental, emotional, and physical. Ponder the following list and choose one to work with.

**The Obstacles to Soul Cognition (and Remedies) are:**

**Bodily disability** (wholesome, sane living)

**Mental inertia** (develop the analytical powers of the mind)

**Wrong questioning** (develop soul perception)

**Mental carelessness** (practise Means 4, Concentration)

**Laziness of the entire nature** (apply the will)

**Lack of dispassion in the astral nature** (practise Means 5, Pratyahara - Detachment)

**Erroneous perception** (practise Means 6, Occult Meditation)

**Inability to achieve concentration** (practise Means 4, Concentration)

**Failure to hold the meditative attitude** (practise Means 6, Occult Meditation) (Sutra 1:30)

### 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 thought (Sutra 1:36 in LOS). You may choose to meditate upon a word or phrase, until gradually you are meditating upon the whole sentence. You may choose one of these questions to work with. Why would meditation upon Light and Radiance lead to knowledge of Spirit? What is Light and what is Radiance? Why should meditation upon them bring peace? What do the energies of Light, Radiance and Spirit 'feel' like?]

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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: By meditation upon Light and upon Radiance, knowledge of the Spirit can be reached and thus peace can be achieved.**

### 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. It also completes the underlying exercise of building the antahkarana.

### 4. Visualisation Exercise (this should only take a minute or so)

1. Choose one obstacle which you believe you have and wish to work with.
2. Very briefly realise how the obstacle prevents you from moving forward spiritually.
3. Determine that you will eliminate the obstacle.
4. Using your will and you powers of concentration, for a few seconds visualise yourself demonstrating the opposite, positive quality.

### 5. 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

*You may choose to write insights into your spiritual diary*