

# GQ Raja Yoga Meditation Programme 001.2-03

## MEANS 2: NIJAMA/ RULE 2 – CONTENTMENT

### Thoughts to Ponder Prior to Meditation:

These five rules govern the life of the lower personal self and form the basis of character. The yoga practices are not permitted by the true guru or teacher until Yama or Nijama have been established as controlling factors in the daily life. The commandments and the rules must first be kept, and when his outer conduct to his fellowmen and his inner discipline of life is brought into line with these requirements, then he can safely proceed with the forms and rituals of practical yoga, but not till then.

**2.32 Internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to Ishvara constitutes nijama (or the five rules).**

**2:42 As a result of contentment bliss is achieved.**

The key is to learn to be content with what you have. Buddha's Second Noble Truth is that all suffering is caused by craving. When we look at psychological suffering, this is easy to see. When we want something but are unable to get it, we feel frustrated. When we expect someone to live up to our expectation and they do not, we feel let down and disappointed. When we want others to like us and they don't, we feel hurt, sometimes devastated. Even when we want something and are able to get it, this does not often lead to happiness either because it is not long before we feel bored with that thing, lose interest in it and commence to want something else. Rather than constantly struggling to get what you want, try to modify your wanting. Wanting deprives us of contentment and happiness. When all manipulation or craving is abandoned, can you understand the peace and contentment that will come then?

Buddha asks us to make a difference between what we need and what we want and to strive for our needs and modify our wants. He tells us that our needs can be fulfilled but that our wants are endless - a bottomless pit. There are needs that are essential, fundamental and that can be obtained and this we should work towards. Desires beyond this should be gradually lessened. After all, what is the purpose of life? To get, or to be content and happy.

Practise: Ask yourself, "what do I really need? If I were living in a country where there was war, or poverty, or natural disasters, what would I and my loved ones really need in order to be okay?" Do you have physical safety, and a safe place to stay? Do you have enough food to eat? Do you have warmth and adequate clothing? Are human rights being respected in your environment? If you have all of these - especially when you think of the situation of people living in dire poverty or in war-torn regions, relish the fact! Give thanks for the blessing of living in a safe place.

Another practise to develop contentment is to give to others! Contentment and charity go hand-in-hand. Helping people who are really disadvantaged helps us feel good, and helps us appreciate what we have. So set aside a portion of your time or income, to help others. Then, at the end of every day say "I give thanks for all the blessings in my life!"

Contentment is productive of conditions wherein the mind is at rest; it is based upon the recognition of the laws governing life and primarily the law of karma. It produces a state of mind wherein all conditions are regarded as correct and just, and as those in which the aspirant can best work out his problem and achieve the goal for any specific life. This does not entail a settling down and an acquiescence producing inertia, but a recognition of present assets, an availing oneself of one's opportunities and letting them form a background and a basis for all future progress. When this is done rightly the three remaining rules can be more easily kept.

### 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 and note any feelings.
  3. *Meditation*: Focus in your analytical mind, and analyse the seed thought, using “Sequential Thinking”. Using ideas and thoughts like paving stones, drive forward in a sequential manner until you have a synthetic understanding.
  4. *Contemplation*: a synthetic understanding allows the intuition to operate, bringing you higher realizations.
  5. *Illumination*: successful contemplation results in a flood of soul illumination.
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Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**Define “contentment”. How often are you discontented/ contented?**

**Buddha’s Second Noble Truth is that all suffering is caused by craving. What is the link between craving and suffering?**

**Buddha asks us to make a difference between what we need and what we want and to strive for our needs and modify our wants. What are your needs? What are your wants and are you able to modify them?**

**As a result of contentment bliss is achieved. How does contentment lead to bliss? Imagine that you have reached a point of deep contentment in your life generally, resulting in bliss.**

**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 content with all that you have in your life.