

GQ Raja Yoga Meditation Programme 001.2-06

MEANS 2: NIJAMA/ RULE 5 – DEVOTION TO ISHVARA

Thoughts to Ponder Prior to Meditation:

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.

Sutra 32: The five rules are: Internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to Ishvara constitutes nijama (or the five rules).

Sutra: 23. By intense devotion to Ishvara, knowledge of Ishvara is gained.

Devotion involves certain factors which it is valuable for the devotee to realize.

1. A capacity to decentralize oneself, to change one's attitude from self-centredness and selfishness to one of outgoing to the loved one. All things are counted as loss provided the object of one's devotion is attained.

2a. Obedience to the beloved object once that beloved is known. This has been called in some translations "complete obedience to the Master" and this is the true and accurate translation but in view of the fact that the word Master connotes (to the occult student) one of the adepts, we have chosen to translate the word as "Ishvara," the one God in the heart of man, the divine Jiva or "point of divine life" at the centre of man's being. This is the same in all men, whether savage or adept; the difference only lies in degree of manifestation and of control. Complete obedience to any guru or mahatma in the sense of complete subjugation of the will is never taught in the true science of yoga. Subjugation of the lower man to the will of the inner God is taught and all the methods and rules of yoga are to this specific end. This should be carefully borne in mind. "Spiritual reading" is the most significant and occult preliminary thereto. LOS 124

2b. Obedience to the Master is no servile attention to the commands of some supposed hidden Teacher, or Master, functioning mysteriously behind the scenes, as so many [Page 97] schools of esotericism claim. It is much simpler than that. The real Master, claiming our attention and subsequent obedience, is the Master in the Heart, the soul, the indwelling Christ. This Master first makes His presence felt through the "still small voice" of conscience, prompting us to higher and more unselfish living, and sounding a quick note of warning when there is deviation from the strict path of rectitude. Later this comes to be known as the Voice of the Silence, that word that comes from the "Word incarnate," which is ourselves. Each of us is a Word made flesh. Later still, we call it the awakened intuition. The student of meditation learns to distinguish accurately between these three. This requirement, therefore, calls for that implicit obedience which the aspirant renders promptly to the highest impulse which he can register at all times and at any cost. When this obedience is forthcoming it calls forth from the soul a downpouring of light and knowledge, and Christ points this out in the words: "If any man shall do his will, he shall know..." (John 7, 17). ITI 96-7

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.

Who or what is “Ishvara”? What, in practical terms, does it mean to be devoted to Ishvara?

Ishvara is the son of God, the cosmic Christ, resplendent in the heart of each of us. Search deep within your own heart. Is the flame of Ishvara alight? What do you experience?

Are you devoted to the highest impulses and guiding principles which come to you from your soul or Master? How would you summarise these principles? Are these principles the guiding force in your life?

Ishvara is reached through pure love and devoted service. To what extent do you love imperfectly as a human being, and purely as a soul? What do you need to do to increase your ability to love purely?

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, be sensitive to your heart centre energy, and any impulses coming to you from your soul.