

GQ Raja Yoga Meditation Programme 001.2-04

MEANS 2: NIJAMA/ RULE 3 - FIERY ASPIRATION

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.

2.1: The Yoga of action, leading to union with the soul is fiery aspiration, spiritual reading and devotion to Ishvara.

Fiery aspiration, the domination of the physical man so that every atom of his body is afire with zeal and endeavor ... This quality of "going forth" towards the ideal or of straining towards the objective must be so profound in the aspirant to yoga that no difficulties can turn him back. Only when this quality has been developed and proved and when it is found that no problem, no darkness and no time element can hinder, is a man permitted to become the disciple of some Master. Fiery effort, steady persistent longing and enduring faithfulness to the ideal visioned are the sine qua non of discipleship. LOS

The word "aspiration" comes from the Latin "ad"="to", and "spirare"="to breathe, to breathe towards," as Webster puts it. The word "spirit" comes from the same root. Aspiration must precede inspiration. There must be a breathing out from the lower self before there can be a breathing in by the higher aspect. From the standpoint of eastern mysticism, aspiration involves the idea of fire. It denotes a burning desire, and a fiery determination which eventually does three things for the aspirant. It throws a fierce light upon his problems, and constitutes the purificatory furnace into which the lower self has to go in order that all dross may be burned out, and it also destroys all hindrances which might keep him back. This same idea of fire runs through all books on Christian mysticism, and many passages in the Bible of a similar nature will come readily to mind. Willingness to "bear the cross," to "enter the fire," to "die daily," (it matters not what the symbology employed may be), is the characteristic of the true aspirant, and, before we pass on to the way of meditation and place our footsteps in those of the myriads of sons of God who have preceded us, we must gauge the depth and the [12] Page 94] height and brace ourselves for the arduous climb and the fierce endeavor. We must say with J. C. Earle:

"I pass the vale. I breast the steep. I bear the cross: the cross bears me.
Light leads me on to light. I weep/ For joy at what I hope to see
When, scaled at length the arduous height, For every painful step I trod,
I traverse worlds on worlds of light/ And pierce some deeper depth of God."2

We start with an emotional realization of our goal and from then pass on, through the fire of discipline, to the heights of intellectual certainty. This is beautifully pictured for us in the Bible in the story of Shadrach, Meschach and Abednego. We read that they were cast into the midst of the burning fiery furnace, yet the result of that apparent tragedy was the releasing in their midst of the form of a fourth identity, whose appearance was like unto that of the Son of God. These three friends are symbols of the threefold lower man. The name Meschach means "agile," a faculty of the discriminative mind, the mental body. Shadrach means "rejoicing in the Way" and describes the transmutation of the emotional body, and the turning of the desire towards the Way: Abednego means "a servant of the Sun," and thus emphasizes the fact that the sole function of the physical body is to be the servant of the Son [Page 95] (Sun), of the ego or soul (see Daniel III, 23-24). There is no escaping the fiery furnace, but the reward is commensurate with the trial.

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.

The Yoga of action, leading to union with the soul, is firstly - fiery aspiration. What is the meaning of “fiery aspiration”?

How is fiery aspiration related to the removal of impurities? How is it related to the perfecting of the bodily powers, and of the senses?

Are you truly an aspirant? Do you truly aspire? What is the quality of your aspiration? Towards what do you aspire?

Is your aspiration truly fiery? What would instill more fire into your aspiration?

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, look for any actions in others – in the world, that you find inspiring. Then attempt to intensify any feelings of aspiration in your heart. so that they become a blaze. Imagine that your nature is ablaze with aspiration.