

GQ Raja Yoga Meditation Programme 001.2-02

MEANS 2: NIJAMA/ RULE 1 - PURIFICATION

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.

The first rule, is Internal and external purification

This purification relates to the purification of the substance of the four vehicles (the physical body, the etheric body, the emotional body and the mental body) through which man contacts the three worlds of his endeavor. It is attained in three ways:

1. On the Path of Purification or of Probation: Elimination of impure substance or of those atoms and molecules which limit the free expression of spirit, and which confine it to the form so that it can have neither free ingress nor egress;
2. On the Path of Discipleship: assimilation of those atoms and molecules which will tend to provide a form through which spirit can adequately function;
3. On the Path of Initiation (after the second initiation): the protection of the purified form from contamination and deterioration.

In this cycle, however, the interest of the Hierarchy is being largely centred on the question of psychic purity and this is the reason for the trend of the occult teaching at present developing. It is away from what is commonly understood by psychic development, lays no emphasis on the lower psychic powers and seeks to train the aspirant in the laws of the spiritual life. This produces a realization of the nature of the psyche or soul, and a control of the lower psychic nature.

2:40. Internal and external purification produces aversion for form, both one's own and all forms.

Aversion for form or "desirelessness," which is the generic term covering this condition of mind, is the great impulse which eventually leads to complete liberation from form.

It is not that form or form taking is in itself evil. Both forms and the process of incarnation are right and proper in their place but for the man who has no further use for experience in the three worlds, having learnt the needed lessons in the school of life, form and rebirth become evil and must be relegated to a position outside the life of the ego. That the liberated man may choose to limit himself by a form for specific purposes of service is true, but this he does through an act of the will and self-abnegation; he is not impelled thereto by desire but by love of humanity and a longing to stay with his brothers till the last of the sons of God has reached the portal of liberation.

2:41. Through purification comes also a quiet spirit, concentration, conquest of the organs or senses, and ability to see the Self.

When the sense perceptions are refined and the vibratory condition of the vital body is justly attuned, the senses are entirely dominated and controlled by the soul. The correct order of this control is:

1. Correct intellectual perception of the ideal on the mental plane.
2. Pure desire, freed from love of form on the emotional or astral plane,
3. Correct use and development of the five centres up the spine (base of spine, sacral centre, solar plexus, heart and throat centres), each of which is found in the etheric body and is allied with one or other of the five senses,
4. Consequent correct reaction of the sense organs to the requirements of the true or spiritual man.

In connection with the astral body, the result of purification is a quiet spirit, or the "gentle stillness" of the vehicle so that it can adequately reflect the Christ principle, or the buddhic nature.

In the mental body, the effect of purification is the development of the capacity to concentrate or to be one-pointed. The mind no longer flits hither and thither but becomes controlled and quiescent and receptive to the higher impress.

When these three results of purification are making themselves felt in the life of the aspirant, he nears a certain climax which is a sudden perception of the nature of the soul. He gets a vision of the reality which is himself, and finds out the truth of the words of the Christ that "the pure in heart shall see God." He beholds the soul and henceforth his desire is forever towards reality and away from the unreal and the world of illusion.

MEDITATION

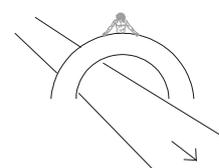
1. Basic Meditation Alignment

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. "Bridge" exercise to Purify and control the Emotional Nature

This is a good emotional cleansing exercise, because it incorporates the Raja Yoga technique of Right Detachment. The technique is designed to help you channel strong emotions in a healthy way as they arise within you. When you are familiar with the process you should be able to practise it while the emotions are running and you are still going about your daily business. Preparation: look at the sketch. There is a small river, a bridge over it, and you standing on the bridge holding firmly to the guard rail.



1. Close your eyes, quieten your breath, relax.
2. Think of an episode which generated a strong negative emotion, and let the feelings arise again .
3. Bring to mind the river and bridge scene. You allow your emotions to pour through your solar plexus area like that river, running from behind you away to the front.
4. But you are standing on the bridge, holding firm, looking down as the torrent of energies pour through. You let them run until they begin to be exhausted, and you feel better.
5. Wash white light through you to finish the exercise.

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.

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

The first rule on the Path, is internal and external purification - purification of my physical, etheric, emotional and mental fields. Visualise these fields being purified with the light of the soul.

Correct use and development of the five centres up the spine (base, sacral, solar plexus, heart and throat), brings these centres - and related senses, under soul control. Visualise the soul breathing an OM thought each of your centres, purifying them and bringing them under soul control.

Purification of the astral body results in a quiet spirit that reflects the Christ/ buddhic nature. Visualise your astral nature being quiet and still, and duly reflecting the Christ energy.

Purification of the mental body, and training it to concentrate, enables the mind to be quiescent and receptive to higher impress. Imagine that your mind is duly quiescent and is receiving higher impress.

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.

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 this month in particular - but from this point henceforth if you believe your emotional nature will benefit from purification exercises, routinely cleanse and quieten your emotional field. Whenever a strong emotion arises, apply 1) the "bridge" technique. 2) Say mentally "Peace be still." 3) Regularly align with your soul, the Sun, Christ or God, and wash white light through your whole nature.