

GQ Raja Yoga Meditation Programme 001.2-05

MEANS 2: NIJAMA/ RULE 4 – SPIRITUAL READING

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 44. Spiritual reading results in a contact with the soul (or divine One).

Prayer is possible to all. Meditation is only possible to the mentally polarized man, and this is a point which needs emphasis and which frequently meets with opposition when stated. All men who are willing to subject themselves to discipline and transmute emotion into spiritual devotion can be saints, and many do so subject themselves. But all men cannot yet be knowers, for it involves all that the saint has achieved, plus the use of the intellect and the power to think through to knowledge and understanding. The man who is successful is the man who can think, and who can utilize the sixth sense, the mind, to produce certain specific results. Other suggested origins have to do with words denoting the taking of counsel or of advice, so that three basic ideas are brought out: — the attainment of success through the agency of the mind, the achievement of [Page 96] perfection, the taking of counsel, and the utilization of all channels of information in order to gain knowledge.

This is fundamentally the meaning of Patanjali when he uses the expression translated "spiritual reading." It really signifies reading with the eyes of the soul, with the inner vision alert to find out that which is sought. It is realized that all forms are only symbols of an inner or spiritual reality, and spiritual reading involves the development of the faculty of "reading" or seeing the life aspect which the outer form veils and hides. This will be found to apply equally to a human form as to any other form in nature; all forms veil a divine thought, idea, or truth and are the tangible manifestation of a divine concept. When a man knows this he begins to read spiritually, to see below the surface and so contact the idea which gave birth to the form. Gradually, as he gains practice in doing this, he arrives at a knowledge of Truth and is no longer taken in by the illusory aspects of the form. This, in its most practical application, will lead a man for instance, to negate the form aspect which his fellowman may assume, and deal with him on the basis of the hidden divine reality. This is no easy thing to do, but it is possible through training in spiritual reading. ITI 95.

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.

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

“Spiritual reading” is reading form/ people/ life, through the eyes of the soul, with the inner vision alert to find out that which is sought. Are you conscious of practicing spiritual reading in your life? If so *how*, specifically?

All forms are symbols of inner realities. Ability to read spiritually, means the disciple is no longer taken in by the illusory aspects of the form, and is able to see and read the divine thought/ idea/ truth, which the outer form veils and hides.

Exercise: Choose a symbol or form and do a spiritual reading. If this is new to you, then do your best. Share the details and results of this exercise in your report.

Eventually, man ceases to identify with the symbol of his lower nature and begins to function consciously as the divine inner subjective self. Imagine if you can, that you have reached this stage. Then describe your experience.

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 spiritual read - to perceive life events more deeply.