

Meditation I

step 1

as a group ...

centre in the astral nature, and the heart ... and reflect on soul and personality alignment.

Use the creative imagination, feeling the longing of personality for soul



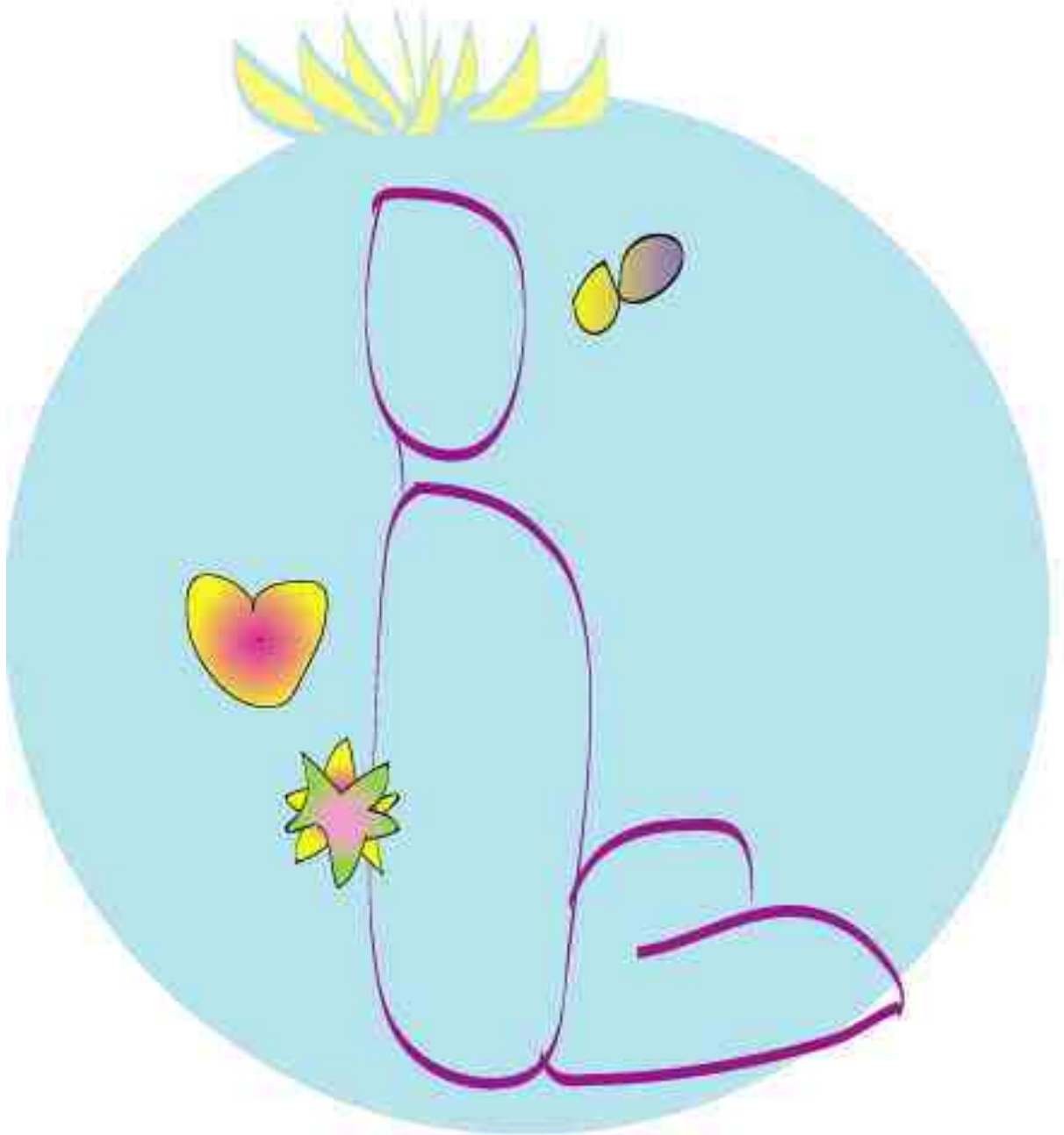
Meditation I

step 2

as a group ...

focus mentally in ajna centre ...

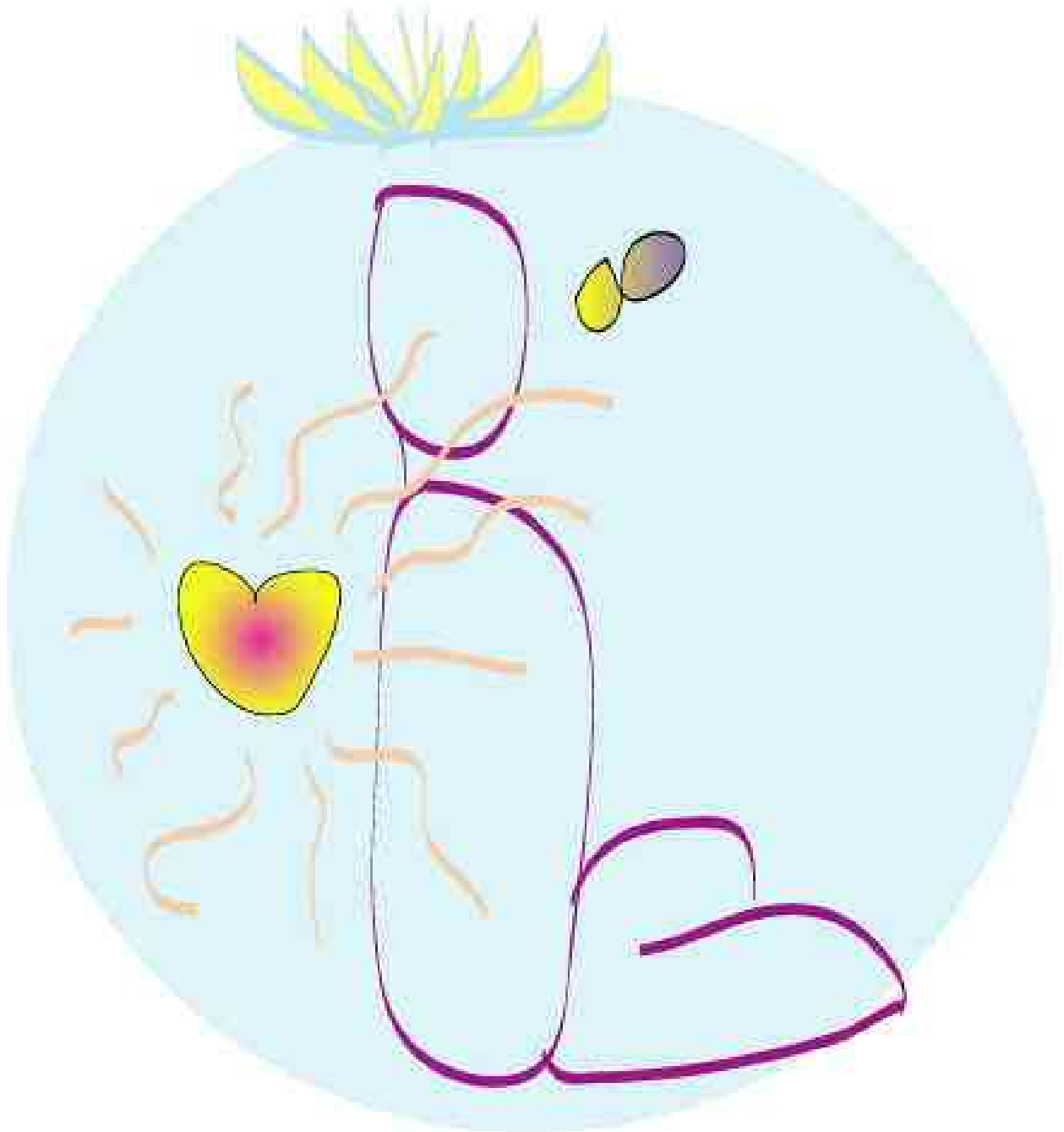
assume relationship of solar plexus, heart and head.



Meditation I

step 3

as a group ...
concentrate aspiration and thought in the heart.



Meditation I

step 4

as a group ...

visualize or imagine withdrawal of heart's aspiration, life and devotion to centre above the head. Focus it there.



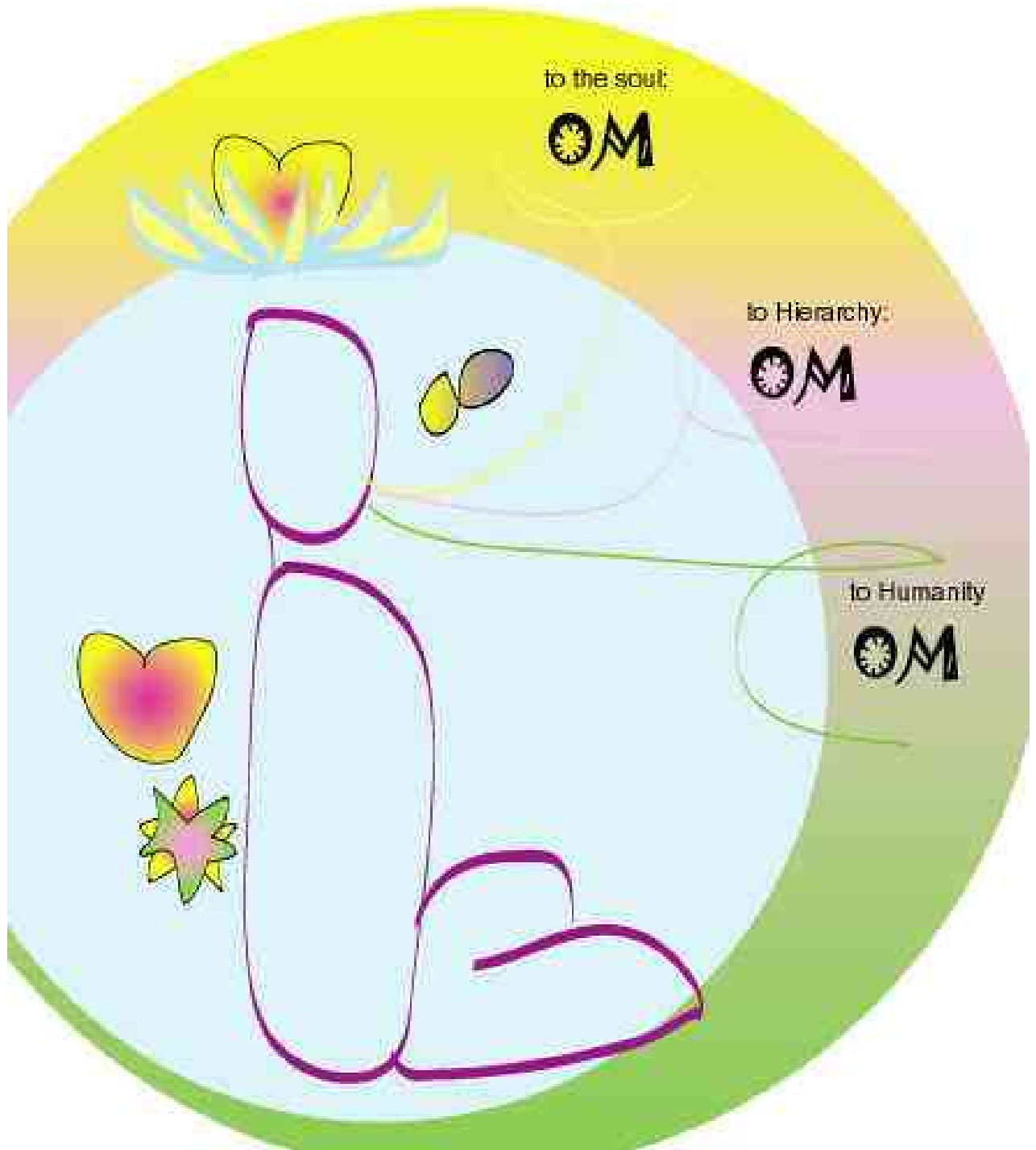
Meditation I

step 5

as a group ...

With focus held surely in the crown ... sound the OM.

breathing out towards the three transpersonal centres ... soul, hierarchy, humanity
creating a definite and linked triangle of force:



Meditation I

step 6

as a group ...

with heartfelt intent ... say the mantram of unification ...

*The sons of men are one, and I am one with them.
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.*

*Let pain bring due reward of light and love.
Let the soul control the outer form,
And life, and all events,
And bring to light the Love
That underlies the happenings of the time.*

*Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be
gone.
Let love prevail.
Let all men love.*

Meditation or Stage II

step 1

After completing the 5 steps of Meditation or Stage I (dynamically, 5 minutes or less), ending with Mantram of Unification ... relating head and heart ...

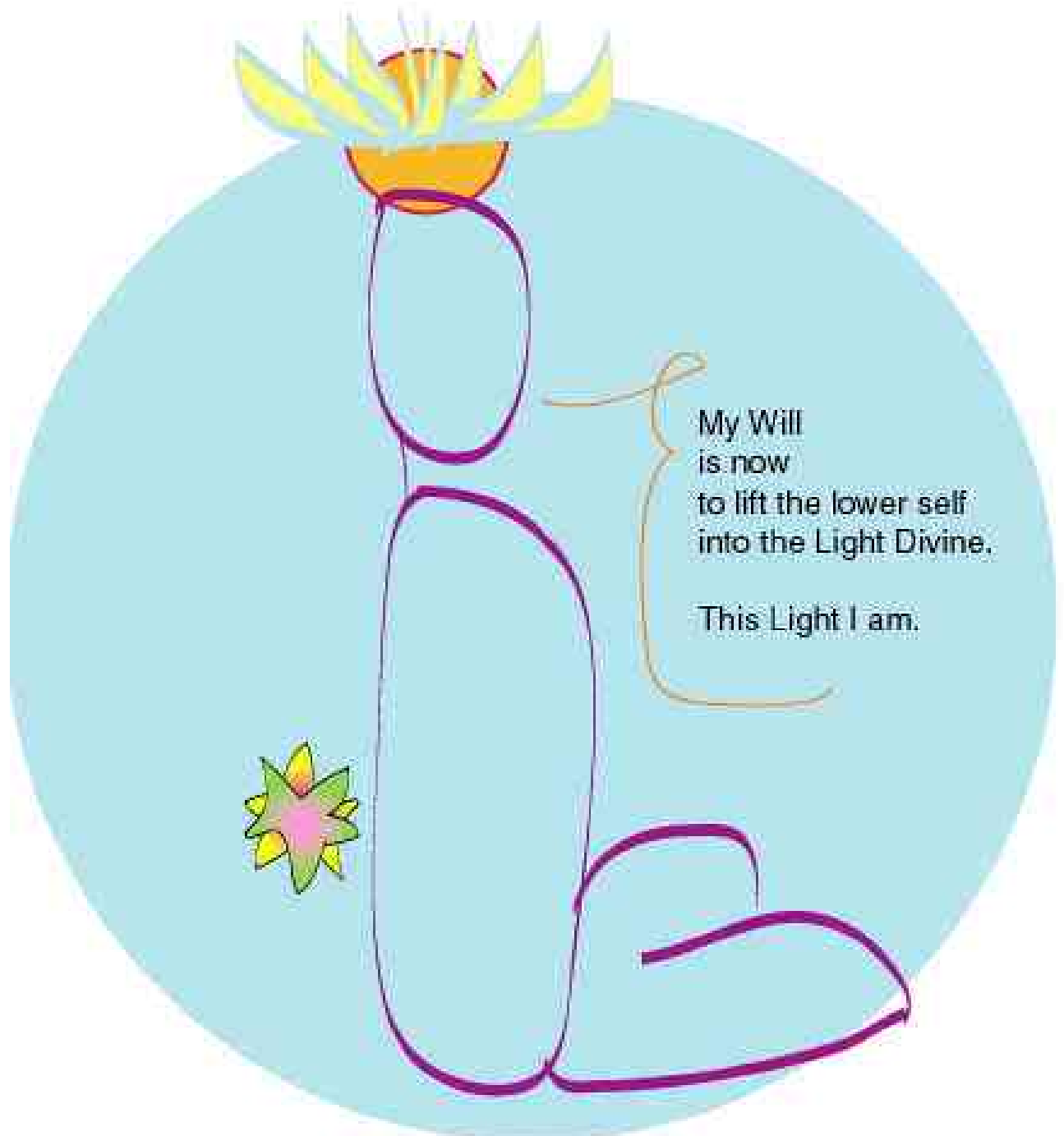
Focus your consciousness in the head, summon the will to your aid (and prepare to carry the energy focussed in the head to the solar plexus ...)



Meditation or Stage II

step 2

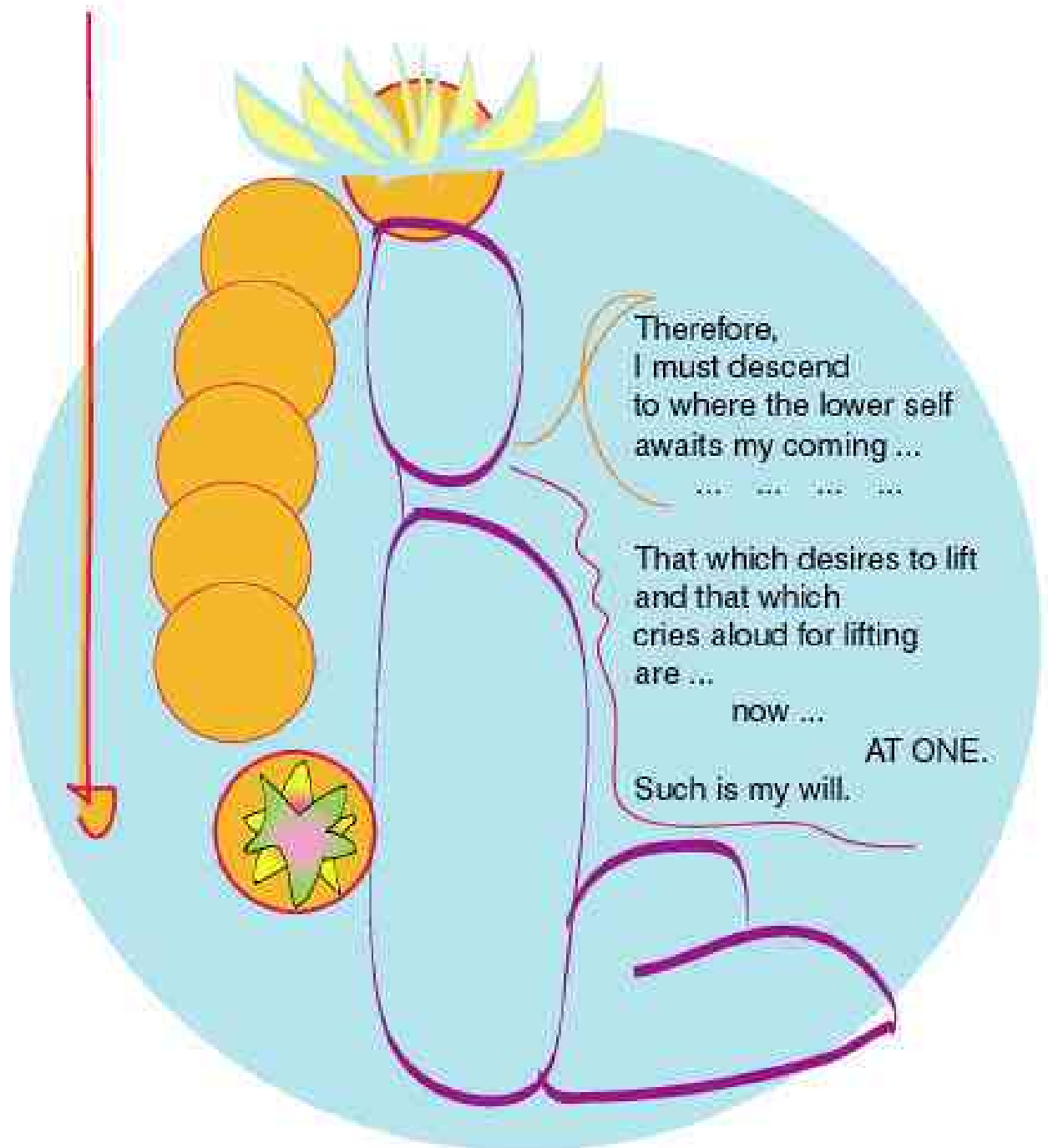
Make rightful DEMAND.
Maintain focus in the head ...



Meditation or Stage II

step 3

DESCEND with your consciousness as Soul, *moving this energy down to the solar plexus.*

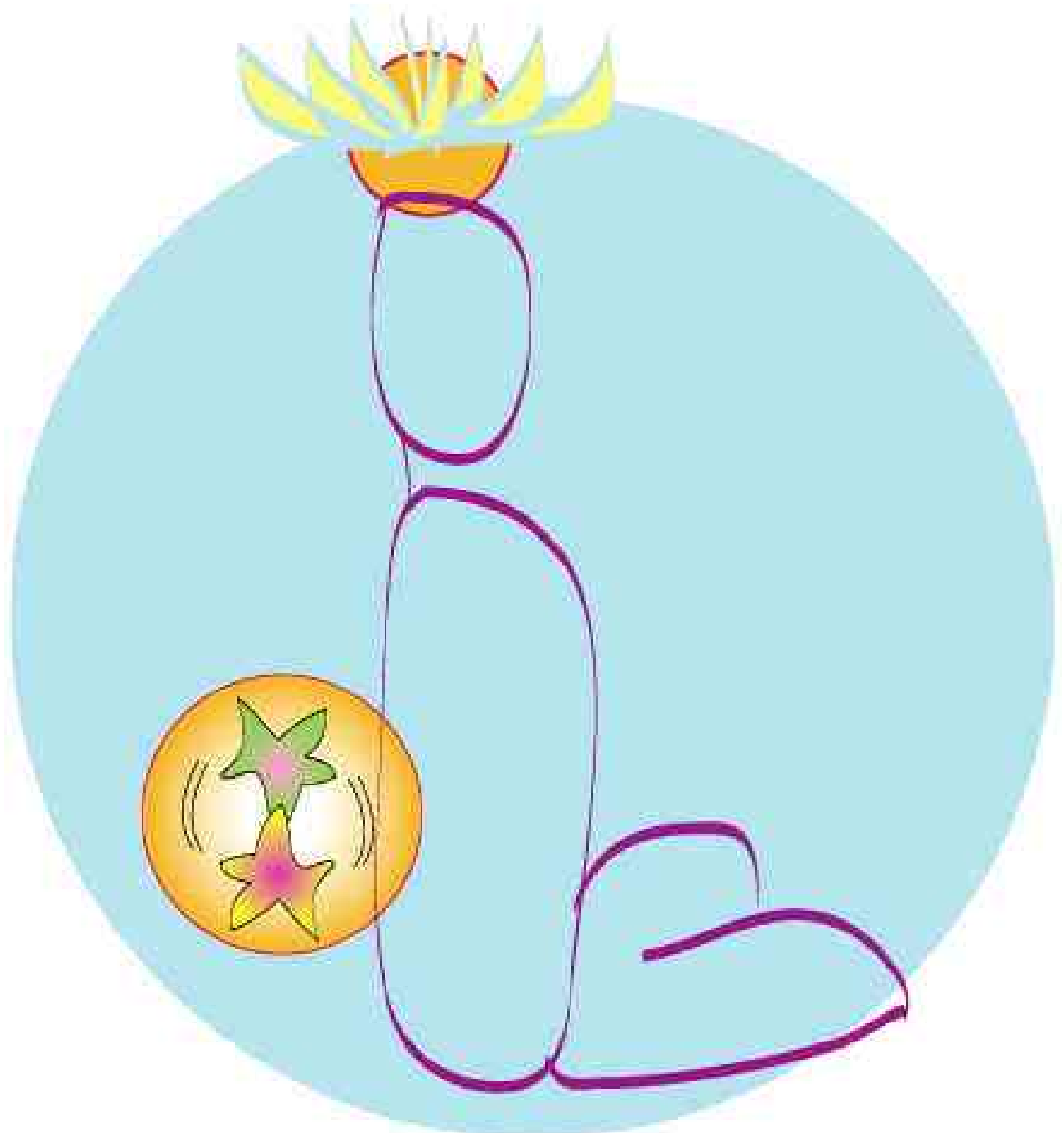


Once arriving, FEEL and VISUALIZE the MERGING of Soul energy into the Solar Plexus.

Meditation or Stage II

step 4

PAUSE for SLOW CONCENTRATION ... FEELING and SENSING
the initiatory vibration or embryonic interplay that is being established
between the **lower awakened point** and the **upper awakening point** in the solar plexus.

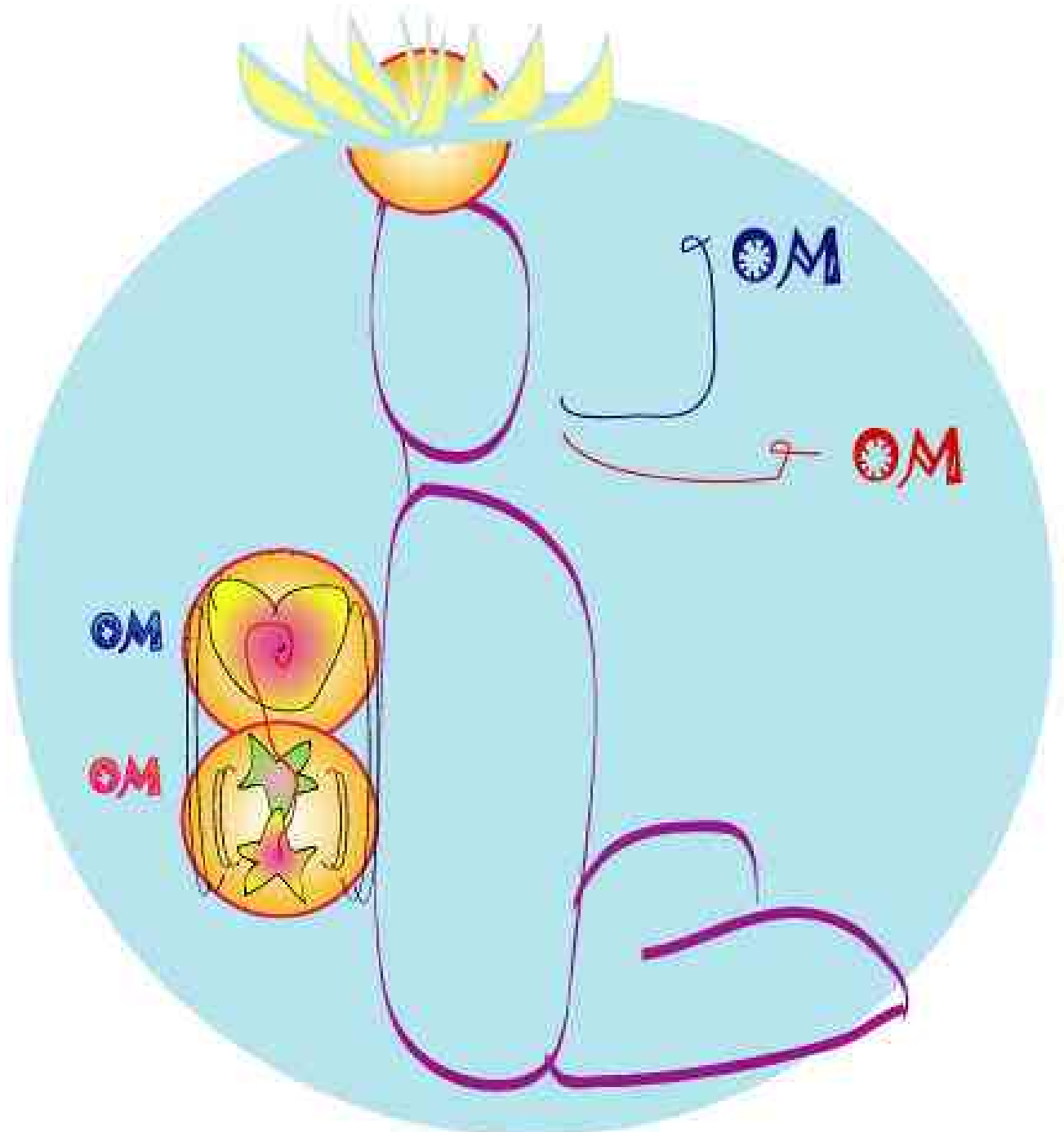


Meditation or Stage II

step 5

As the Soul, on the breath of Will and Love, sound the OM twice from the head centre,

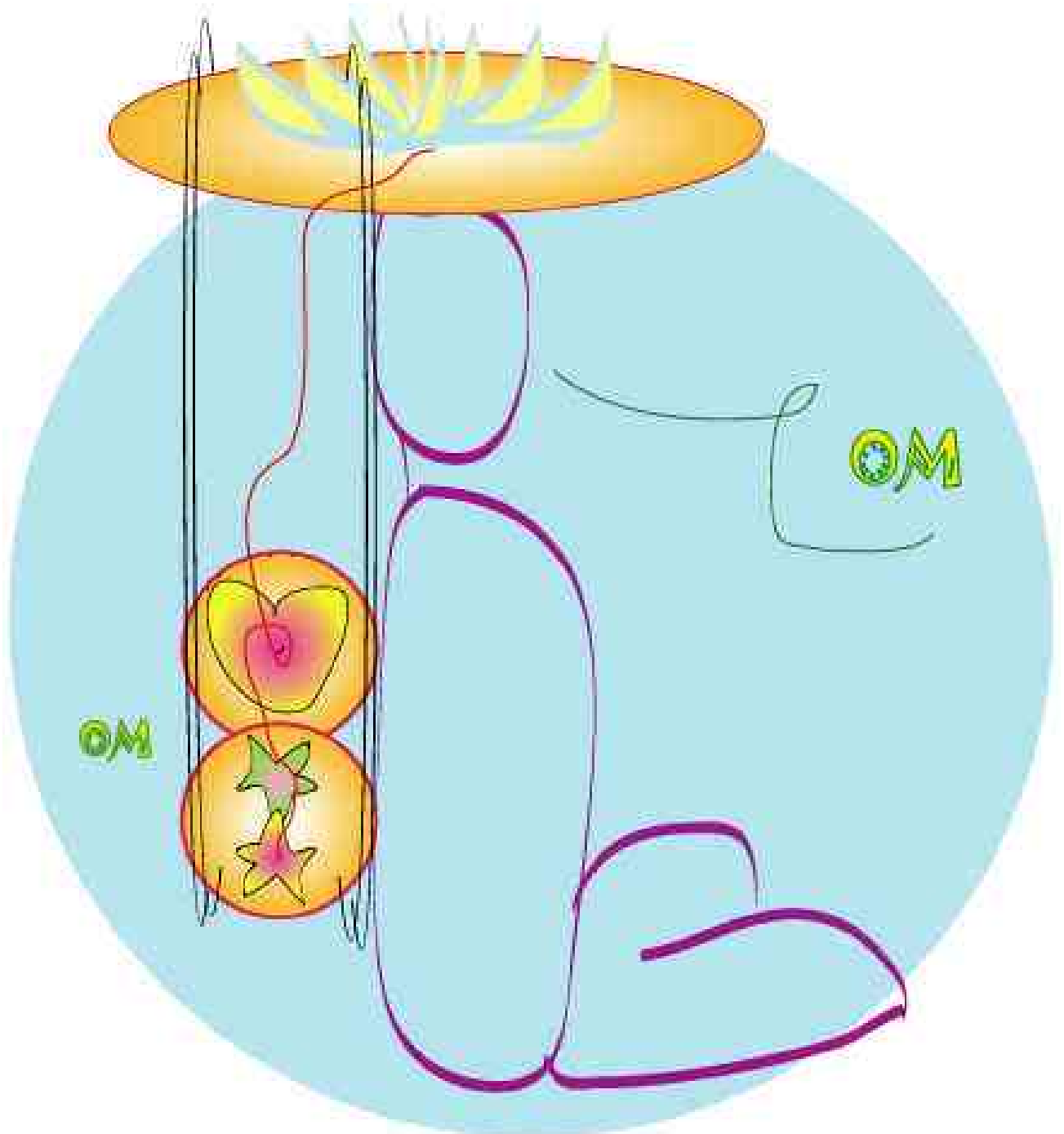
1. Know the Soul is stimulating the solar plexus ...
2. Feel and observe the lower energies being purified and lifted from the awakened point, through to the upper awakening point, and eventually to the heart centre.



Meditation or Stage II

step 6

Visualizing the energies of the solar plexus being carried up the spine to the heart.
Sound the OM a third time, from the Soul into the solar plexus,
and then draw the focussed energy up the spine to the head.

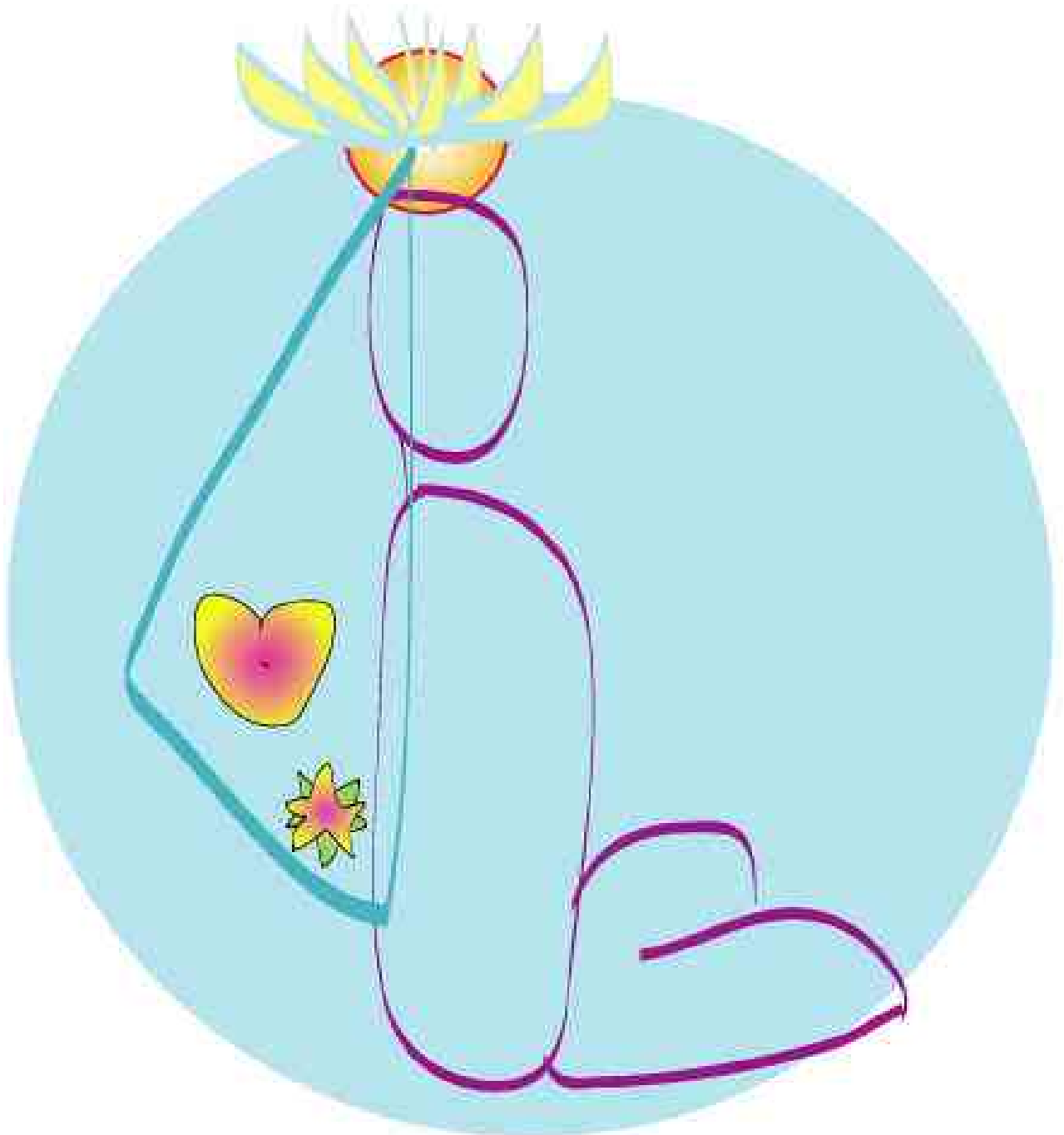


Meditation or Stage II

step 7

Focus in the heart ...


Then believe and imagine a triangle is formed between the head, heart, and solar plexus, in the colour the ray of the Soul



Meditation or Stage II

step 8

As One, say the Mantram of Unification,
thoughtfully, with heart felt intent ...



*The sons of men are one,
and I am one with them.
I seek to love, not hate;
I seek to serve
and not exact due service;
I seek to heal, not hurt.*

*Let pain bring due reward
of light and love.
Let the soul control
the outer form,
And life, and all events,
And bring to light the Love
That underlies the happenings
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*Let vision come and insight.
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Meditation or Stage II

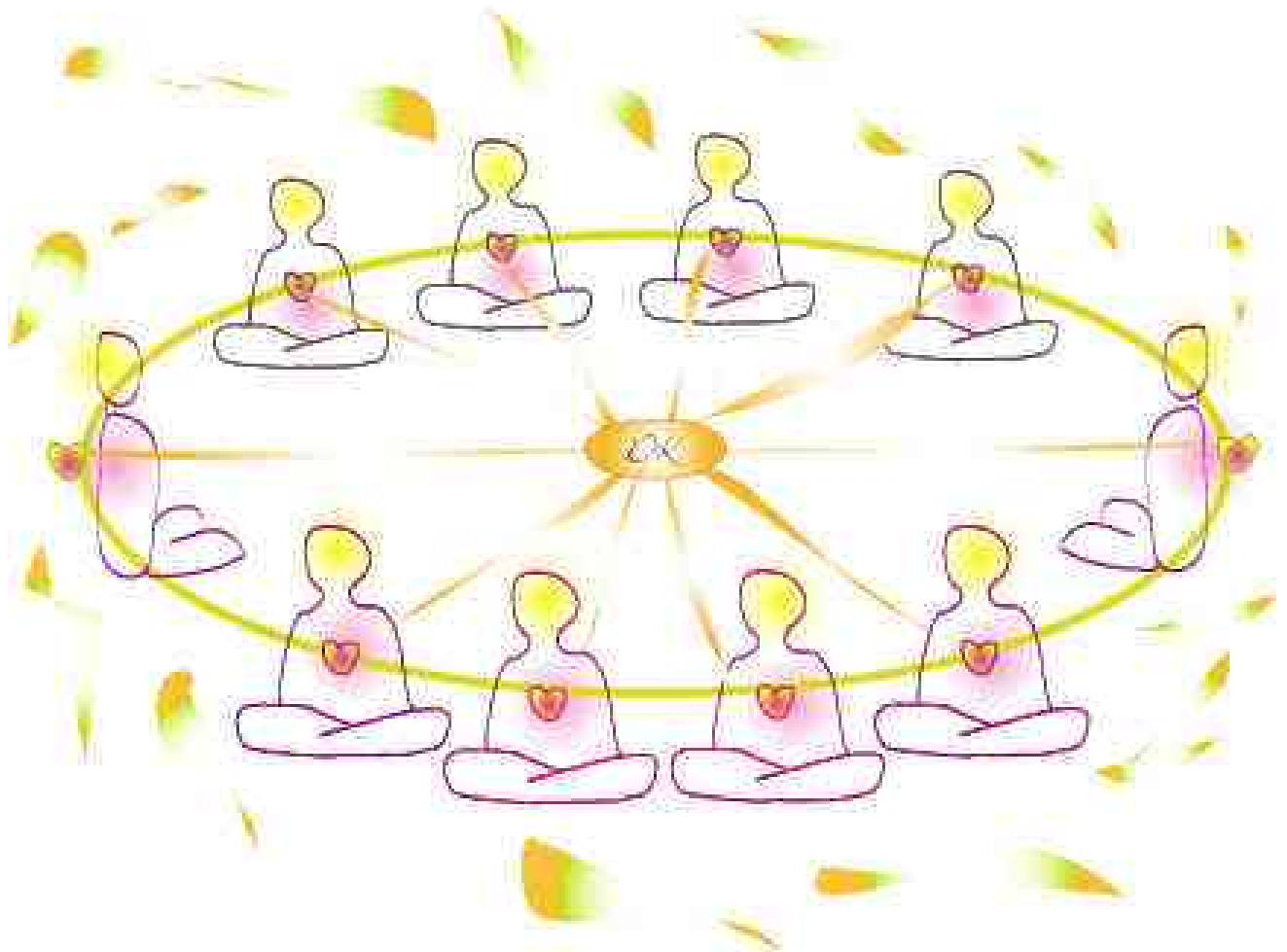
step 9

Imaginatively stand in the heart

and visualize the group as a wheel of light, with as many spokes as members ...

Then slowly, with love, mention aloud each name.

Then see the wheel moving, scintillating and serving through the radiation of love.



After distribution ... the Gayatri

***Oh Thou That givest sustenance to the Universe
From Whom all things proceed, to Whom all things return,
Unveil to us the Face of the True Spiritual Sun
Hidden by a disc of golden light
That we may see the Truth, and do our whole duty
As we journey to Thy Sacred Fire***

and close with the Great Invocation.