

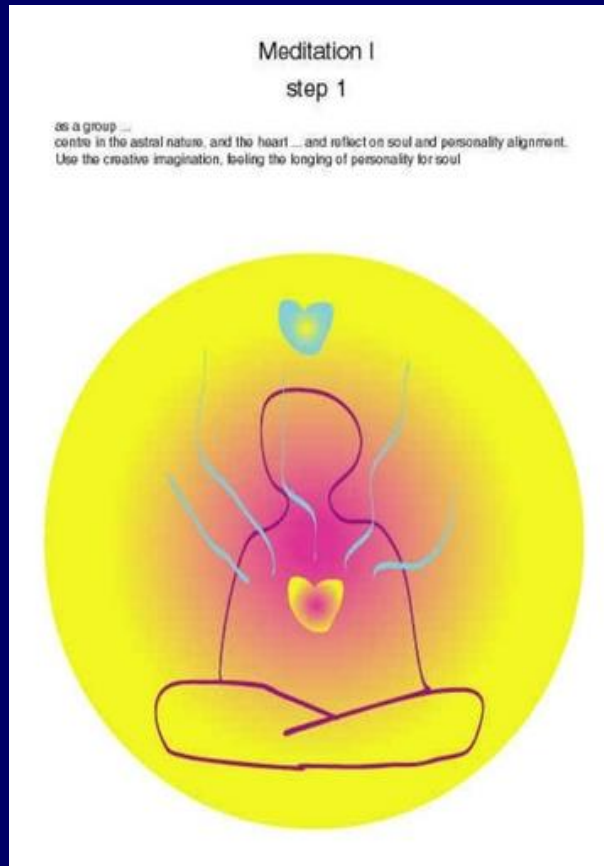
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# DINA II: Meditation 1

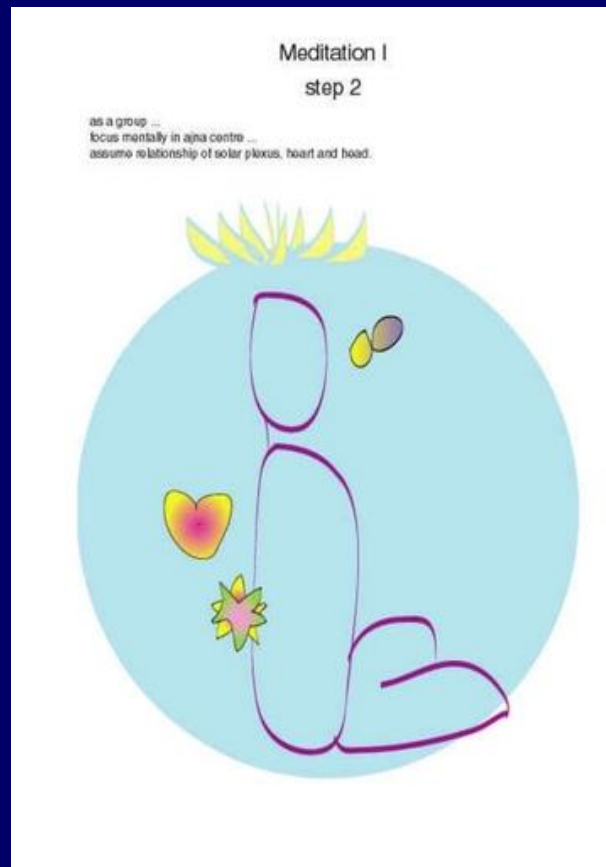
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# Step 1



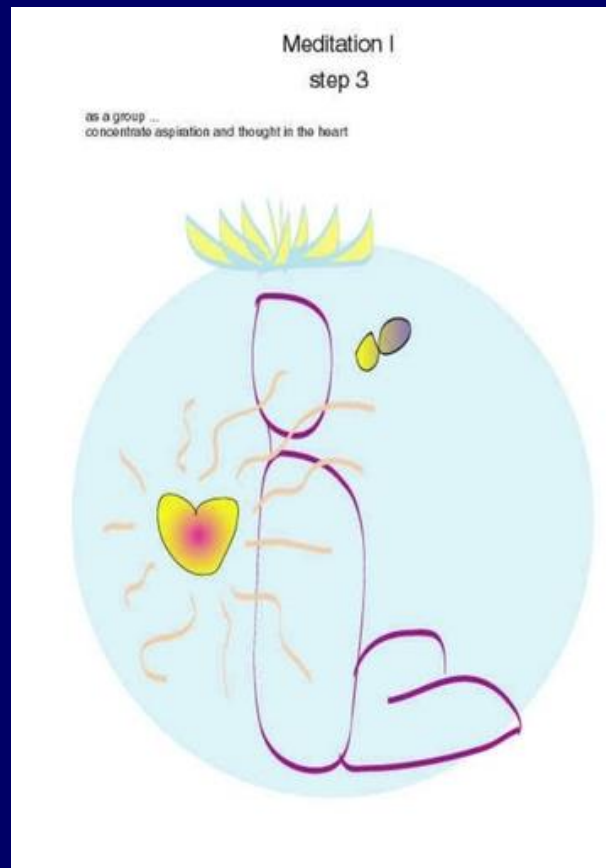
- Reflective alignment of soul and personality, using the creative imagination in the process. *This is a "feeling" or astral activity.*

# Step 2



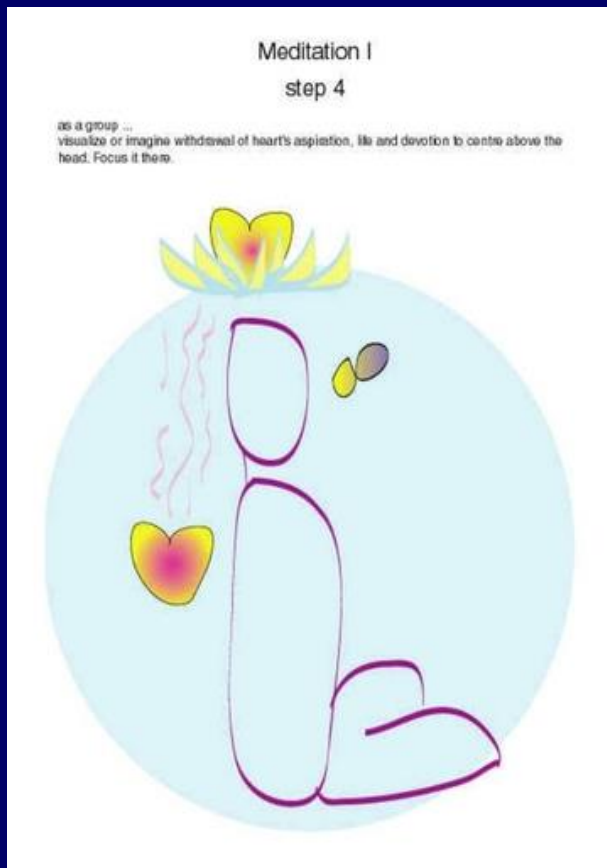
- Assumed relation of solar plexus, heart and head, and the focus of the assuming consciousness to be in the region of the ajna center. This is done mentally.

# Step 3



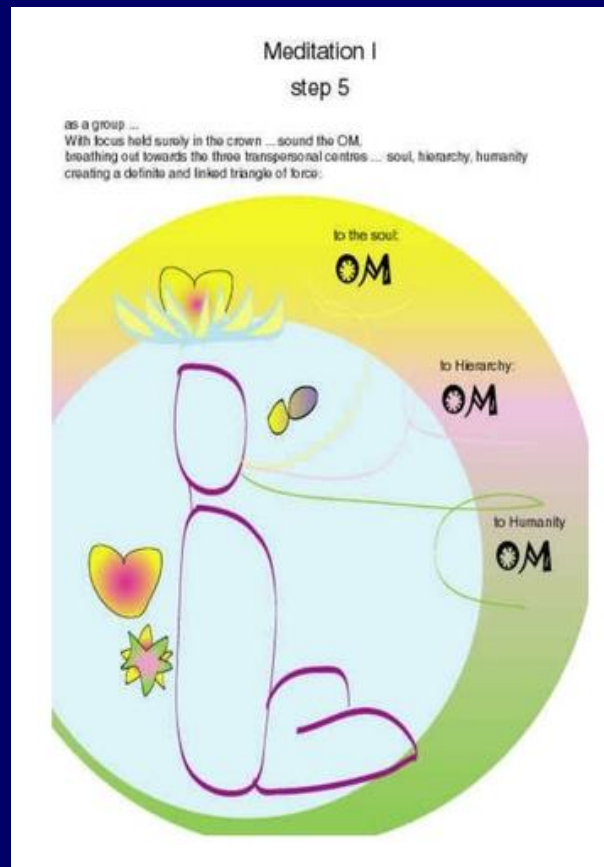
- ...there follows next the concentration of aspiration and of thought in the heart center, imagining it to be just between the shoulder blades. It must be recognized that the concentration of thought energy is definitely there.

# Step 4



- Then follows the conscious and pictorial (imaginative) withdrawal of the heart's aspiration, life and devotion into the center above the head (the 1000-petalled lotus), and its conscious focusing there.

# Step 5



- When this stage has been reached, and the conscious recognition of place and activity is being gently yet surely held, then...
- **sound the Sacred Word, OM, very softly three times, breathing out and towards: The Soul, The Hierarchy, Humanity.**

# Step 6


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.*



- These three recognized factors now constitute a definite and linked triangle of force...
- Then say with *heartfelt intent* (consider the significance of those two words) the (Mantram of Unification) which I gave you in my communication in September, 1939:

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## Step 7

- Endeavor throughout the day to continue holding this recollection steady and work always in due remembrance of the morning's meditation.
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