

DK Meditation Program: Meditation I-II & III of VII

# **The First, Dual Meditation I-II, and Meditation III Alignment**

# Reference

- Created Vicktorya Stone March 2010: Status: Draft.  
updated for limited release April 2019; may be shared in full, no editing, no profit.
- References: From DK, DINA II unless otherwise noted; use compilations on Meditation I, and I-II, review of all related meditation forms is handy.
- INTENTION: To be used for in-depth analysis of Meditation I-II & III, with subsequent practice.
- Font coloration is not random.
- VSK notes [bracketed] in violet

# Context for Show: DINA II

## section II, part I

Please have your book with you. 😊

- **SECTION TWO –**
- **TEACHINGS ON MEDITATION [Page 113]**
- **PART I**
  
- NOTE: this technique, like all in this series, are based directly upon the techniques described by Alice Bailey. The more that body of work is understood, the more significance and practical correlations you will find in any one technique.
- **Pay particular attention to charts.**

# Prerequisites & Dual Goals

- Prerequisite to all occult work is a character of integrity. For this module:
  - For understanding, a knowledge of chakras.
  - For effective practice of this foundational meditation, one needs an ability to concentrate and use the creative imagination.
- The Goal of Med I is group awareness
- The Goal of Med II is to achieve a free flow of directed energy.

# Elaboration of Goal of Med II

- *The second meditation* was concerned with the impartation of a major concept ... the free flow of directed energy.
- You need ever to bear in mind that the initiate is eternally occupied with energies and forces which he directs and manipulates in accordance with hierarchical intent.
- Before, however, he can do this, he must be in control to some extent of the seven types of energy to which the human mechanism responds. He must be able to direct the flow of energy to any particular centre, to focus certain types of force in certain centres—at will and with understanding—and to institute a free flow and interchange throughout his own little microcosm.
- The meditation given was not intended to bring this about; it had only one objective: the impartation of an idea and the presentation of a possibility. [p. 152] [Consider Rule VIII in R&I]

# Background on Meditation I-II

- Before giving the technique itself, we'll consider more deeply the intention behind the first, dual Meditation I-II, and show some correspondences for advanced students.
- Note this for relevance:
- [these] meditations and objectives ... will be of use to those ... who will be the hierarchy of workers ... during the first quarter of the coming century [to 2025] (DINAII 135)

# Meditation I: relation of 7 centers

## “energy follows thought”

### I. Definite and planned Meditation.

- a. The interior interrelation of the seven centres in the body will be the objective of the meditation, basing the work upon the occult maxim that “energy follows thought.”  
(DINAII 17)

[Note reference to ‘interior relation’, and hence the individual application of Meditation I ; See shows on Formula 1 and Law of Life, or Law of Supplementary Seven, for those relationships ]

# Meditation I: Heart, Higher Head Center & Solar Plexus

- We have started upon one formula which relates the heart, the higher head centre, and the solar plexus. (DINAII 17)



## Meditation II:

### telepathic interplay & astral sensitivity

- b. The subsequent relation of the centres in any one individual to the remainder of the group members, regarding the centres as radiating transmitters of energy to the centres of the other group members.
- This will result in the forming of seven great centres of energy which will constitute the group centres, fed and enlightened by the energy transmitted by each individual. [Page 18]

# Meditation I: Soul to Soul rapport

- c. The fusion (consciously undertaken) of the individual soul with the group soul and consequently a conscious rapport with the Hierarchy, which is inherently the kingdom of souls.

# Med I: Three Centres & Astral body evoke response from love petals

The first meditation affects the three centres in the individual disciple and also, and consequently, his astral body.

They can—when related, awakened and functioning, and when the two points in the solar plexus are balanced and "enlightened," a word which I shall frequently use in connection with the centres—evoke response from the love-petals of the egoic lotus.

This must happen automatically and need not be regarded as a complicated technicality. Do the required meditation faithfully and correctly and the results will follow spontaneously. [p. 18]

# Med I: Heart Center, Heart in Head, Head & Group Unity rooted in love

Our immediate concern is the bringing about a group unity rooted in love, and this requires the awakening of the heart center into greater potency ... Only from the heart center can stream, in reality, those lines of energy which link and bind together ...

[use] for your group meditation a form which will stimulate the heart into action, linking the heart center (between the shoulder blades) to the head center through the medium of the heart center which is found within the head center (the thousand-petalled lotus).

This heart center, when adequately radiatory and magnetic will relate you afresh to each other and to all the world. [p. 86]

[note application is upon the individual's centers]

# Med I: Heart + dual points in the solar plexus help produce telepathy

- This again - when connected by **an act of the spiritual will** to the solar plexus center - will help to produce that **telepathic interplay** which is so much to be desired and which is so constructively useful to the spiritual Hierarchy - provided it is established within a group of pledged disciples, dedicated to the service of humanity. They can then be **trusted**. (Page 87) [see note on levels of application and 'group']

# Med I: Solar Plexus: two points

- There are two points of vital light within the solar plexus center, which makes this center of dominant importance and a clearing house for the centers below the diaphragm to those above it. One of these points of light is connected with the lower psychic and astral life, and the other is brought into livingness by the inflow from the head center.

# Med I: 2 Lights in Solar Plexus, one old, one new & psychic gift waves

- ... the centers above [and below] the diaphragm have only one vital point of energy, but **the solar plexus itself has two points of dynamic energy - one most ancient and awakened, being expressive of the life of the astral or lower psychic body, and the other waiting to be brought into conscious activity by the soul.**
- When this has happened, **the awakening to the higher issues of life makes the disciple sensitive to the higher "psychic gift waves" ... [p. 15]**

# Med I & II: two points of solar plexus to dual form of Meditation

- All this is a somewhat new concept ... [p. 115] ...
- This truth lies behind the method of meditation which I shall seek to give you, and which is divided into two parts - one aspect or technique will cover approximately the first six months, and the other the second six months.
- This dual meditation is a group meditation and will have primarily a group effect.
- [consult Law of Supplementary Seven also in terms of definition & interrelation of a 'group' of centers.]



# Detail for training

- Maintain macrocosmic and microcosmic correlations, especially while understanding the overall dynamic of the dual meditation.
- Consider the dual relationship of the Earth to Venus, the Ancient of Days and the Astral body; and also the dual relation of Venus to Mercury.

# Meditation I & Meditation II

## Two parts of One Act of Will

The meditation ... will be divided into two parts:

- *Stage I.* A stage wherein there is a lifting of the energy of the heart center to the head by means of directed, controlled aspiration - deliberately stimulated, mentally appreciated, and emotionally propelled. I am here choosing my words with care for their symbolic import.
- *Stage II:* Next, the deliberate dispatch of spiritual energy to the solar plexus, through an act of the will; this will result in the **awakening** of the hitherto quiescent point of force which lies behind (or rather within) the active and awakened center. [p. 115]

# Meditation I: withdrawal to center 6 months individual phase retreat

- ... the first stage is occupied with ...  
"withdrawal to the center of inspiration" ...

Under cyclic law there are periods of outgoing and of **withdrawing**, of progressing in service towards the periphery of activity and also of **a conscious abstraction of the consciousness from the outer circle and its centering again at the very heart of life.** [p. 115]

# Meditation I, Stage I, two parts

- Stage I itself is divided into two parts, and to these I now call your attention.
- The first part of Stage I is a short dynamic meditation, carried out every morning with the greatest regularity.
- The second part is a reflective process or cultivated recognition which will serve to condition your day's activity. This conditioning attitude should be one of a constant recollection of purpose and objective, and a process of what has been called "intentional living." It connotes the effort to **live consciously at the center and then to work outward** from there in radiatory, magnetic activity.

# note double dual: act; reflect

- Med 1: LIFT Heart to Head
  - act dynamically [Shamballa & Group of 7 Rays] 'that which effects change'
  - Reflection-intentional living [Hierarchy & Ashrams] that right direction should then guide the entering forces.
- Med 2: DISPATCH to Dual Solar Plexus
  - Awakening of quiescent point [Humanity Group] the changes thus effected remove the form, bring quality to light and lay the emphasis upon life
  - Within the active awakened center [individual] this is brought about by the One, working through the Three, energising the Seven and creating the straight line from there to here, and ending in a point which ignores the Three."

Also check if Supplementary Seven four sentences or four Septenates relate here.

# Med I-II & Supplementary Seven

The Law of the **Supplementary** Seven can be worded as follows:

- "The Law demands the entrance of that which can effect a change.
- The Law demands that right direction should then guide the entering forces.
- The Law demands that the changes thus effected remove the form, bring quality to light and lay the emphasis upon life. [Page 152]
- The Law demands that this is brought about by the One, working through the Three, energising the Seven and creating the straight line from there to here, and ending in a point which ignores the Three."

# Meditation I – second part

- The second part is a reflective process or cultivated recognition which will serve to condition your day's activity. This conditioning attitude should be one of a constant recollection of purpose and objective ... a process ... called "intentional living."
- It connotes the effort *to live consciously at the center* and then to *work outward from there in radiatory, magnetic activity*. I am not here speaking symbolically but literally for it is all a question of the focus of consciousness.
- If this attitude can be constantly held ... the individual seeds within the group periphery (could we symbolically call it the seed pod or sheath?) will become living and potent units of energy (spiritual energy) and the succeeding period of group interrelation and group activity will be correspondingly potent.

# Training note: individual application

- **IMPORTANT:**

Trainers and students should realize the meaning of 'group' -- in this context of an individual meditation about 'group', it applies to the interrelationships and astral sensitivity of one's own chakric centers to each other.

- This is fundamental, and supplementary to Group Interrelation, which is another level of intent, and occurs subsequently and spontaneously as a result of the student 'working from the center'. See Med 8 ...
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