

## GQ Raja Yoga Meditation Programme 001.08

### THE 8 MEANS TO UNION: 1 THE COMMANDMENTS

#### 1: ABSTAIN FROM HARMFULNESS - BE HARMLESS

##### Thoughts to Ponder Prior to Meditation

##### **2-30: The Commandments - Yama (Restraint) these are**

Harmlessness, truth to all beings, abstention from theft, from incontinence and from avarice, constitutes yama or the five commandments.

**Be Harmless (do not kill)**

**Be Truthful (do not lie)**

**Be Honest (do not steal)**

**Be Chaste (conserve your sexual force)**

**Be without Greed (do not be greedy)**

Yama is man's universal duty, irrespective of race, place, time or emergency. This is self explanatory. For those how are on the path of Raja Yoga, there is absolutely no justification for any violation of the Commandments. (Neither is there for ordinary man, but it is only when the student is at the point that he can actually realise these ideals, is he held accountable karmically).

##### **2-33: To Obstruct Thoughts Contrary To Yoga, Cultivate Their Opposite.**

Here we are given one of the most important Raja Yoga spiritual techniques. It counterbalances the negative thoughts which keep man's consciousness under the control of the lower self. The thoughts contrary to yoga are:

**Harmfulness,**

**Falsehood,**

**Theft,**

**Incontinence**

**Avarice**

Whether committed personally, caused to be committed or approved of, whether arising from avarice, anger or delusion (ignorance); whether slight in the doing, middling or great. These result always in excessive pain and ignorance. For this reason, the contrary thoughts must be cultivated.

This sutra demonstrates to us the working out of a great law - ' Whatever you see in yourself, you will see in others.' If opposition and hatred is being experienced from others for example, it is because these seeds are present in the perceiver's nature first. If they are absent then only harmony exists - within and without. This is the first stage of universal love, the practical work to be tackled by the aspirant to become at one with all beings. Begin with yourself and see to it that the seeds of harmfulness in your own nature are eradicated. The most common form of daily violence is criticism - of oneself and others.

Harmfulness is based on selfishness, and on an ego-centric attitude. It is action taken by the selfish one to - enforce, self-aggrandise, and self-gratify. He speaks words which damage, thinks thoughts which are poisonous, and acts in a way which results in harm. (Leoni Hodgson)

##### **THE COUNTERBALANCING THOUGHT: HARMLESSNESS**

Harmlessness is the outstanding quality of every son of God. A harmlessness that speaks no word that can damage another person, that thinks no thought which could poison or produce misunderstanding, and which does no action which could hurt the least of his brethren—this is the main virtue which will enable the esoteric student to tread with safety the difficult path of development. (EXH 20)

Harmlessness is the expression of the life of the man who lives consciously as a soul, whose nature is love, whose method is inclusiveness, and to whom all forms are alike in that they veil and hide the light, and are but externalizations of the one Infinite Being. (TWM 102)

“Harmlessness being perfected, in his presence all enmity ceases.” The person is serene and at peace, and others are at peace with him. In his presence even wild beasts become tame. (LOS)

*To develop harmlessness:* Remember that this sutra deals primarily with your thought life - weed out critical thoughts. Learn to open your heart with understanding. Listen more! Stop criticising, and deal with causes. Develop a sensitive awareness of the wholeness of life. Be kinder and more generous to yourself. Do an evening review on harmlessness: identify any harmful thought you may have created during the day, then think a kindly opposite thought, to neutralise the negative energy force you created. Identify any harmful emotions you generated, then send out love or compassion instead. Identify any harmful action, then how you can act more kindly and wisely, in the future. (LH)

## 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.

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

**Harmfulness is contrary to Yoga - Harmlessness helps to bring about inner union. What exactly is harmlessness? How do I think harmlessness would be demonstrated by the Masters?**

**Harmlessness is the outstanding quality of the man or woman who lives consciously as a soul. To what extent am I harmless? What do I need to do to be more harmless?**

**(Visualise someone you dislike or previously disliked). What harmful emotions and thoughts did I send to that person? Visualize yourself giving that person compassion and love.**

**Harmlessness being perfected, in His presence all enmity ceases. (Visualise yourself having perfected harmlessness, and radiating it to the world).**

Exercise: Visualise the Counterbalancing Thought - Harmlessness:

1. Identify someone you have harmed through thought, speech or act.
2. Visualise that person as a soul, doing the best that he or she can in the circumstances.
3. Send a blessing - say “May the blessing of Christ be upon you (name)”  
Endeavour to feel love flowing from you to that other soul, then to the whole world. OM

### 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 the month, endeavour to be harmless in all thoughts, words, and actions.