

GQ Raja Yoga Meditation Programme 001.10

THE 8 MEANS TO UNION: 1 THE COMMANDMENTS

3: ABSTAIN FROM THEFT - BE HONEST, HAVE INTEGRITY

Thoughts to Ponder Prior to Meditation

THE THOUGHT CONTRARY TO YOGA: THEFT (LOS 198 paraphrased)

The theft referred to has reference not only to the taking of things tangible and physical, but has reference also to abstention from theft on the emotional or mental planes.

- Theft is taking love, good favour, intellectual benefits, praise or reward - which rightfully belongs to another, or to which one has no moral right; the claiming of a reputation which is not deserved.
- Theft is also taking over duties which belong to someone else - stealing from another the opportunity to do the right thing, or to measure up to his or her responsibility.
- Theft is also robbing someone of goodwill or peace by projecting feelings or thoughts of dislike or hatred.

If we feel empty inside, if we compare and want to possess what others have - physical ability, beauty, youth, material wealth, fame, power, love and spiritual attainment. This leads to mental, emotional and physical stealing.

THE COUNTERBALANCING THOUGHT: HONESTY OR INTEGRITY

The aspirant does not curry favour or popularity, and he adheres with strictness to that which is his own.

This is the true abstention from theft. "Let every man attend to his own dharma" and fulfill his own role, is the Eastern injunction. "Mind your own business" is the Western attempt to teach the same truth. It will lead a man perfectly to meet his own obligations, to shoulder his own responsibility and to fulfill his own duty. It will lead him to refrain from appropriating anything that belongs to his brother. (LOS 198 paraphrased)

"When abstention from theft is perfected, the yogi can have whatever he desires." When the aspirant has learned to "desire nothing for the separated self" he can then be trusted with the riches of the universe; when he makes no demand for the lower nature and claims nothing for the threefold physical man, then all that he desires comes to him unasked and unclaimed. (LOS 197)

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.

Theft is contrary to Yoga. What is the nature of the ‘theft’ referred to? To what extent do you steal from others - whether this is affection, high regard, or anything that does not rightfully belong to you?

What do you feel that you lack inside - that impels you to want to grasp after what others have? See the Solar Angel/ Master/ or God, giving you what you need - respect, love, healthy esteem, etc.

When abstention from theft is perfected, the yogi can have whatever he desires. Visualise yourself having perfected desirelessness, that you ask nothing for your separated self, and what this will mean in your life.

Exercise: Counterbalancing Thought - Honesty or Integrity:

1. Identify an area of your life where you “steal”, why you take what does not belong rightfully to you.
2. Identify also what it is that you feel you lack inside - which impels you to do this.
3. See the Solar Angel/ Master/ or God, giving you what you feel need - respect, love, healthy esteem, etc.
4. See yourself acting with integrity in that particular area in the future. **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, be vigilant in your thoughts, words, and actions, to ensure you do not take what does not rightfully belong to you. Be especially vigilant with what you covet emotionally.