

GQ Raja Yoga Meditation Programme 001.09

THE 8 MEANS TO UNION: 1 THE COMMANDMENTS

2: ABSTAIN FROM FALSEHOOD - BE TRUTHFUL

Thoughts to Ponder Prior to Meditation

THE THOUGHT CONTRARY TO YOGA: FALSEHOOD

Truth is one of the great problems which the aspirant has to solve, and he who attempts to speak only that which is entirely accurate will find himself confronted by very definite difficulties. Truth is entirely relative whilst evolution proceeds, and is progressive in its manifestation. It might be defined as the demonstration on the physical plane of as much of the divine reality as the stage in evolution and the medium employed permit. Truth, therefore, involves the ability of the perceiver or aspirant to see correctly the amount of the divine which a form (tangible, objective, or of words) clothes. It involves, therefore, the capacity to penetrate to the subject and to contact that which every form veils. It involves also the ability of the aspirant to construct a form (tangible, objective, or of words) which will convey the truth as it is. (LOS 195,196)

The ego builds up a false mental world filled with injustices, victimisation, distortions, and lives there. Life in this world consists of complexities, game-playing, avoidances, denials, untruths. The world of spirit is stark. It is clear truth and reality. Everything is in the open, so life is lived simply. Stretching the truth, shrinking it, covering it up, embellishing it, and pretending that we have done something we haven't - this is all falsehood. (LH)

THE COUNTERBALANCING THOUGHT: TRUTHFULNESS

Truth. This concerns primarily his use of speech and of the organs of sound, and relates to "truth in the inmost part" so that truth in externality becomes possible. This is a large subject, and deals with the formulation of a man's belief regarding God, people, things and forms through the medium of the tongue and voice. This is covered in the aphorism in Light on the Path. "Before the voice can speak in the presence of the Master it must have lost the power to wound." (LOS 185)

"When Truthfulness is perfected, the effects of his words are immediately seen." 2-36 When the yogi thinks and speaks only that which is truth, then his words carry great power. For example, if he says to a sick person "be healed", the patient will be healed immediately.

Practise: truthfulness is simple, clear, factual, and has a clear motive. Aim to be scrupulously honest about yourself and all your affairs. Communicate the truth without underrating or overrating. With honesty, comes fearlessness. When there are no lies, the entire life becomes an open book. regularly scrutinise your actions, your motives, and do not gloss over one fault, nor excuse yourself along a single line. Say to yourself constantly, "I must to my own Self be true". (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.

Falsehood is contrary to Yoga - Truthfulness helps to achieve inner union. What exactly is falsehood – and then, what is truth? How does truth bring people closer together? To what extent am I false in my presentation to others and to life?

Before the voice can speak in the presence of the Master it must be truthful, it must have lost the power to wound. To what extent am I truthful? What must I do to become more truthful?

When Truthfulness is perfected, the effects of the Yogi’s words are immediately seen. (Visualise yourself having perfected truthfulness, and having a positive effect on others).

Exercise: Visualise the Counterbalancing Thought - Truthfulness:

1. Identify an area of your life where you tend to ‘fudge’ the truth or lie.
2. Try to grasp the reason why you lie in this area, what it is that you are afraid of.
3. Visualise white light flow through you, washing away any shame, guilt or fear associated with the reason you lie.
4. See yourself speaking ‘your’ truth courageously to someone else / to the world.

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 truthful in your thoughts, words, and actions.