

GQ Raja Yoga Meditation Programme 001.5

HINDRANCE TO UNION 2: HATE OR ANGER

Thoughts to Ponder Prior to Meditation:

The true yogi neither feels aversion or desire. He is balanced between these pairs of opposites. Hate causes separation, whereas love reveals the unity underlying all forms. Hate is the result of concentration upon form and of a forgetfulness of that which every form (in more or less degree) reveals; hate is the feeling of repulsion and leads to a withdrawal of the man from the object hated; hate is the reverse of brotherhood and therefore is the breaking of one of the basic laws of the solar system. Hate negates unity, causes barriers to be built and produces those causes which lead to crystallization, destruction and death. It is energy used to repudiate instead of to synthesize and therefore runs counter to the law of evolution.

Hate is really the result of the sense of personality and of ignorance plus misapplied desire. It is almost the culmination of the other three. It was the sense of personality and of extreme ignorance coupled with desire for personal gain which produced hatred of Abel in the heart of Cain and caused the first murder, or the destruction of a brother's form. This should be carefully considered, for hate in some degree, aversion to some extent, is present in every human heart. Only, however, when it is entirely overcome by love or the sense of unity will death, danger and fear pass out of the ken of the human family. (LOS 136,137)

1. Basic Meditation Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and normally and allow the steady rhythm of the breath help bring your etheric-physical vehicle and your astral body into a state of quiet, receptivity. Your mental nature should be quiet and in a state of poised positivity.
3. Abstract your attention gradually from your etheric-physical nature and your astral nature and focus it within your mental nature.
4. Realize from this vantage point that you are the soul-in-incarnation.
5. Visualize the light, love and power of the soul pouring into your three personality vehicles.
6. Pause for assimilation.
7. Imagine yourself as the Thinker focused within the soul-illuminated mind. **OM**
8. Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.
From Whom all things proceed, to Whom all things return,
Unveil to us the face of the true spiritual Sun, hidden by a disk of golden light.
That we may know the truth and do my whole duty,
as I journey to Thy sacred feet.”**

2. Meditation:

[Meditate upon the following seed thoughts, seeking to understand the nature of hatred - and of anger and irritation which are its milder forms. You may choose to meditate upon one word, phrase or sentence until eventually by the end of the month you are meditating upon the whole sentence. You may also select one of the following questions to work with.] In what respect is your consciousness subject to hatred, or what are you very angry about? What effect is hatred causing within your consciousness? What is love and what is harmlessness, and what do these forces 'feel' like? Can you envisage yourself as being harmless, and being a ray of love?

Follow the Raja Yoga Meditation Method.

1. **Physical:** Hold the seed thought before your mind's eye and read it through a few times. (Keep this brief).

2. **Astral:** Note any sensations/ feelings evoked in the astral. (Keep this brief).
3. **Mental – Meditation Itself:** Focus in your analytical mind, and analyse the seed thought, using “Sequential Thinking”.
4. **Intuition - Contemplation:** this happens automatically when - after synthetic understanding is gained, the consciousness aligns first *with* the soul, then *as* the soul on its own plane, higher realisations are grasped intuitively. In the meantime, follow the steps, and "act as if".
5. **Illumination:** Finally, deliberately stop thinking and for a few seconds, imaginatively open yourself to *divine illumination*. You *must* maintain awareness at all times of what you are doing - waiting for illumination. For the first few attempts - even for days or weeks - nothing may happen, but in time - and intermittently at first, a thought or symbol may drop into your consciousness, for you to review during the “lower interlude” period.
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Seed Thoughts:

Hate causes separation, whereas love reveals the unity underlying all forms. 1:8

In the presence of him who has perfected harmlessness, all enmity ceases. 1:35

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. This work is very important. It will ground your consciousness back into your brain - helping to overcome the problem of “spacing out”, and will also train your mind to do the necessary working of interpreting intuitive insights.

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

You may choose to record any insights in you spiritual diary.