

GQ Raja Yoga Meditation Programme 001.4

HINDRANCE TO UNION 1: IGNORANCE

Thoughts to Ponder Prior to Meditation:

Ignorance is the cause of all the other obstructions whether they be latent, in process of elimination, overcome, or in full operation.” (Sutra 2:4). The field from which all the other hindrances arise, is ignorance. The human soul identifies with its vehicles, with the thoughts and desires they create, because it does not know any better. Ignorance is the root cause of man’s spiritual predicament, and of the pain he suffers. Raja Yoga students have overcome theoretically, being ignorant about their true spiritual nature. This now needs to become an established fact in everyday consciousness. (LOS paraphrased LH).

Ignorance is confusing the permanent, pure, blissful, the Self - with that which is impermanent, impure, painful and the not-self. (Sutra 2:5). This verse sums up the condition of every man from the savage stage up through all intervening conditions to the state of arhatship, in which the final fetters of ignorance are cast off. The reason evil exists, the reason selfishness and personal desires of any kind are evident, is found in the great basic condition which is the limitation of form itself, avidya or ignorance. (LOS 129)

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. You may choose to meditate upon one word, phrase or sentence until eventually by the end of the month you meditate upon the whole sentence. You may also choose one of the following questions to work with.] *What is the nature of ignorance? What is the nature of the not-Self and why it is considered impermanent, impure and painful? What is the nature of the Self - the pure and blissful? What does “non- association with things perceived” mean? What is “the experience of liberation, and what do you think liberation feels like?*

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.

Seed Thoughts:

Avidya (ignorance) is the condition of confusing the permanent, pure, blissful and the Self, with that which is impermanent, impure, painful and the not-Self. 1:5

When ignorance is brought to an end through non-association with the things perceived, this is the great liberation. 1:25

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.