

GQ Raja Yoga Meditation Programme 001.2-11

MEANS 6 - CONCENTRATION

Thoughts to Ponder Prior to Meditation

3-1 **Dharana (concentration) is holding the mind on to some particular object.**

Clear apprehension of knowledge and a perfect comprehension of the things of the soul, is characteristic of the man who—through concentration and meditation—has achieved mind control.

3-2 **Dhyana (meditation) is sustained concentration.**

Concentration (or intense focussing) results in meditation and meditation flowers forth as contemplation.

1-30. **The (7th) obstacle to soul cognition is the inability to achieve concentration**

The clue for the student of occultism who aspires to liberation is not to be found in breathing exercises, nor in any work with the seven centres in the body. It will be found in an intense inner concentration upon rhythmic living and in the careful organisation of the life. LOS 72

1-39. **Peace of chitta, can be reached through concentration upon that which is dearest to the heart.**

In occult meditation, the first step is to concentrate upon the chosen “seed thought.” Until this is achieved, true meditation is impossible. So the student needs to diligently to develop concentration.

Dharana can be translated as “holding steady”, fixing the mind on a particular object, limiting the attention to one spot, and making that spot the base. The mind should be conscious only of itself and the object. The physical body, emotions, surroundings, and all sounds and sights are lost sight of and the brain is conscious only of the seed object.

Correctly practised, dharana causes a particular kind of mental wave to arise, which gradually becomes more prominent because they are not being swallowed up by other waves, triggered by distractions. These latter waves recede and finally disappear. When the multiplicity of these waves gives place to just one wave - this is meditation. When the whole mind has become one wave, one-formedness - this is Samadhi.

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.

Why is the ability to concentrate so important for the spiritual Path? How easy is it for you to concentration on a seed-thought in meditation? What do you need to do to develop better concentration?

Concentration (or intense focussing) results in meditation and meditation flowers forth as contemplation.

Clear apprehension of knowledge and a perfect comprehension of the things of the soul, is characteristic of the man who—through concentration and meditation—has achieved mind control.

For those who aspire to liberation - it will be found in an intense inner concentration upon rhythmic living and in the careful organisation of the life.

Peace of chitta, can be reached through concentration upon that which is dearest to the heart.

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

Endeavour to be fully mindful as you go about your daily life, and fully concentrated in your meditation.