

# THE MASTER IN THE HEART MEDITATION

## Thoughts to Ponder Prior to Meditation:

The Yoga Sutras are the basic teaching of the Trans-Himalayan School to which many of the Masters of the Wisdom belong, and many students hold that the Essenes and other schools of mystical training and thought, closely connected with the founder of Christianity and the early Christians, are based upon the same system and that their teachers were trained in the great Trans-Himalayan School. (LOS, xv)

Forget not one important point. The Hierarchy itself is the result of human activity and aspiration; it has been created by humanity. Its members are human beings who have lived, suffered, achieved, failed, attained success, endured death and passed through the experience of resurrection. They are the same in nature as are those who struggle today with the processes of disintegration but who - nevertheless—have in them the seed of resurrection. All states of consciousness are known to Them and They have mastered all of them; They have mastered them as men, thus guaranteeing to humanity the same ultimate achievement. We are apt to look upon the members of the Hierarchy-as different radically from humanity, forgetting that the Hierarchy is a community of successful men, Who earlier submitted Themselves to the purificatory fires of daily living, working out their own salvation as men and women of affairs, as business men, as husbands and wives, farmers and rulers and that they know life, therefore, in all its phases and gradation. They have surmounted the experiences of life; Their great Master is the Christ; They have passed through the initiations of the new birth, the baptism, the transfiguration, the final crucifixion and the resurrection. But they still are men and differ from the Christ only in the fact that He, the first of our humanity to attain divinity, the Eldest in a great family of brothers (as St. Paul expresses it), the Master of the Masters and the Teacher of angels and of men was deemed so pure, so holy and so enlightened that He was permitted to embody for us the great cosmic principle of love; He thus revealed to us, for the first time, the nature of the heart of God.

These perfected men, therefore, exist; They are more than men because the divine spirit in them registers all stages of consciousness and awareness—subhuman, human and superhuman. This inclusive development enables them to work with men, to contact humanity at need, and to know how to lead us forward to the phases of resurrection. (EXH 472,473)

### ***The one Master is found within; it is the soul, the inner ruler, the thinker on his own plane.***

This one Master is a corporate part of the Whole, of the All-Soul. Each expansion of consciousness which a man undergoes fits him to be a Master to those who have not taken a similar expansion. Therefore—mastery being achieved—there is nothing (speaking in terms of the human kingdom) to be found except Masters who are likewise disciples. All are learners and all are teachers, differing only in degree of realisation. For instance:

- a. Aspirants to the Path are disciples of lesser disciples,
- b. Probationers on the Path are disciples of higher ones,
- c. Accepted disciples are the disciples of an adept and of a Master,
- d. An adept is the disciple of a Master,
- e. A Master is the disciple of a Mahatma,
- f. The Mahatmas are the disciples of still higher initiates,
- g. These in turn are the disciples of the Christ - the head of the teaching department,
- h. The head of the teaching department is a disciple of the Lord of the World,
- i. The Lord of the World is the disciple of one of 3 planet spirits who represent the three major aspects,
- j. These are again disciples of the solar Logos. (LOS, 53)

## 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:

Always meditate upon a positive seed-thought. One that will expand your understanding of yourself, of others, of the world you live in, and that will enable you to understand more clearly, how the part is related to the Whole, or the microcosm to the Macrocosm. Try to always finish your meditation work on a high-note, seeking union with the sacred One Source.

Follow the Raja Yoga Meditation Method.

1. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
2. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
3. *Illumination*: recall any insights and summarise and ground them in your memory.

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Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**I press forward towards the goal of fuller service; I am the soul, whose nature is light and love and selflessness. (First Week)**

**I orient my mind towards the light, and in that light, I see the soul. I am the Plan, and am at-one with all that breathes. (Second Week)**

**I purify my astral life and know myself to be nothing but a channel for the love of God. And, in this potent body of the lower self, naught can exist which blocks the outgoing love of God to all I meet. (Third Week)**

**I stand erect through love and strength divine. I manifest the nature of a Son of God. Thus can I salvage those who suffer on the way of life, and lift the little ones. (Fourth Week)**

### 3. Build the Master in the Heart

Then carefully visualise yourself and the Master to Whom you may be drawn—about the size of a quarter inch—within the circumference of the etheric heart center (located between the shoulder blades about three inches in back of the spine).

Do this with due and elaborate care and with the aid of the imagination and loving effort, working daily on these figures till they become to you very real, and their building and forming becomes almost an automatic part of your meditation process.

Identifying yourself within the image as the personality in process of soul-infusion, ponder on the relationship between these two tiny figures (you and the Master) and attempt to deeply feel their interplay as suffused with the divine characteristics of light, love and power.

Reaffirm in your consciousness the alignment between 'you' as the Ego on the higher mental plane and you as the soul-in-incarnation.

#### **4. Distribution**

Sound the Great Invocation followed by the Sacred Word, three times, visualizing as you do so, the redemption 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 – throughout the day, reinforce the image of the Master in the Heart, by spending a few moments rebuilding the image in your mind's eye, and feeling the love of the Master.