

Means III - Asana - Posture

Sutra 29. The eight means of yoga are, the Commandments or Yama, the Rules or Nijama, posture or Asana, right control of life-force or Pranayama, abstraction or Pratyahara, attention or Dharana, Meditation or Dhyana, Contemplation or Samadhi.

Sutra 46. The posture assumed must be steady and easy. The physical posture is of the least importance, and that the position in which the aspirant can the soonest forget that he possesses a physical body is the best. It might be generally laid down that an upright position in a comfortable chair, with the spine erect, the feet crossed naturally, the hands folded in the lap, the eye closed, and the chin a little dropped is the best posture for the aspirant.

Sutra 49. When right posture (asana) has been attained there follows right control of prana and proper inspiration and expiration of the breath.

Means III. Posture. Asana. Right Poise. Correct attitude. Position. This third means concerns the physical attitude of the disciple when in meditation, his emotional attitude towards his environment or his group, and his mental attitude towards ideas, thought currents and abstract concepts. Finally, the practice of this means coordinates and perfects the lower threefold man so that the three sheaths can form a perfect channel for the expression or manifestation of the life of the spirit. (*Light of the Soul*, p182)

The aspirant seeks daily a quiet spot, and composes himself in an ease of posture whereby he can be unconscious of his physical body. (Letters on Occult Meditation, p61)

The aspirant seeks daily a quiet spot where he can be free from interference and interruption. If wise, he will always seek the same spot, for he will there build up a shell around it that will serve as a protection and make the desired higher contact more easy. The matter of that spot, the matter of what you might term the surrounding space, becomes then attuned to a certain vibration (the man's own highest vibration, reached in consecutive meditations) which makes it easier for him each time to start at his highest and so eliminate a long preliminary keying up. The aspirant composes himself to a position in which he can be unconscious of his physical body. No hard and fast rules can be laid down; ease of posture is to be aimed at, coupled with alertness and attention.

“Asana” thoughts to register prior to meditation

Asana on the physical plane - a steady immovable position of the physical body when in meditation

Asana on the astral plane - a firm steadfast unwavering condition of the emotional body in the passage through worldly existence.

Asana on the mental plane - an unfluctuating steady mind, one that is absolutely under control.

When the mind can be so engrossed upon a consideration of the things of the soul, then steadiness and ease characterize the man on the physical plane. (LOS 213/5)

Basic Meditation Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and normally and allow the steady rhythm of the breath help bring:
 - The etheric-physical vehicle into a state of quiet receptivity
 - The astral vehicle into a state of tranquility and quiet receptivity
 - The mental vehicle into a poised state of quiet receptivity
3. Focus 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.

Meditation

Select for meditation a thought or concept from the "Asana" list:

1. **What, in your understanding, is the meaning of "asana"?**
2. **Are you conscious of practicing asana in your life? If so how, specifically?**
3. **Ponder on the selected thought, repeating it to yourself**
4. **Feel the energy of the selected thought - does it have a colour or quality? How is your consciousness affected as you ponder the thought?**
5. **What is the higher purpose of the thought? What does it reveal of the Plan and Purpose of God?**
6. **Finally, lift your consciousness and endeavour to make contact with the Divine aspect, and open yourself to inspiration.**

Distribution

1. Imaginatively reaffirm your focus in the soul-illuminated mind.
2. With loving effort and due and elaborate care, create the image of yourself and the Master in the Heart within your etheric heart center and quietly cultivate the ideal relationship which exist between the two.
3. Inspired by the soul above and the soul-in-incarnation below (as the Master in the Heart) pour forth your blessings on those you love, on those you seem not to love and on humanity as a whole
4. 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