

OM, RAJA YOGA IS THE SCIENCE OF UNION

Thoughts to Ponder Prior to Meditation

OM is the Word of Glory, and is the Christ in us, the hope of glory. It is the sound which brings into manifestation the incarnated soul, the Christ. It is the Word which when correctly understood and used, releases the soul from the limitations of form in the three worlds. The Guru or Master who leads a pupil up to the door of initiation and who watches over him in all the initial and subsequent tests and processes likewise represents the Word, and through the scientific use of this great sound He produces a certain stimulation and vitalisation in the centres of the disciple, thus rendering certain developments possible. (LOS 55,56 paraphrased)

Raja Yoga is the science of Union - the union of the separated human consciousness with its divine spiritual nature. Union (yoga) is achieved by subjugating the psychic nature, and restraining *chitta* (mind)

Chitta it is commonly called "mind stuff", but it is more than this. It is the very substance of manifestation itself - matter, infused with the living, intelligent spirit of God. *It is the field from which consciousness or soul arises.* God works with the higher correspondence of this mind-stuff and the forces of the mental plane and all the mental processes are the reflection of this higher mental substance.

Uncontrolled desire and an unregulated mind shut off the light of the soul and negate spiritual consciousness. Union is impossible as long as the barriers exist, and so we are asked to do the practical work required to liberate this light. Our task is to gain control of the *psychic nature* (the emotional body tinged faintly with mind - kama-manas); and prevent the mind from carrying on its restless perambulations, its mindless thoughtform building. In ordinary man the mind runs constantly, and as a result, chitta is in a state of constant flux and motion; mind is restless, uncoordinated and unfocused.

The goal of Raja Yoga is to quieten the mind, stilling the mind modifications, so that mind can be used correctly. When mind is quiet, it is able to take on the colouring of the higher knowledge and reflect the higher realities. When chitta is restrained, then union between the higher and lower can take place. The Yogi knows himself as he is in reality - as Spirit. (LH paraphrased from LOS)

The Great Invocation: is a potent solar instrument designed to bring about changes and needed readjustments in humanity. Its evocative power (now used by so many hundreds of thousands) and the sound of its mantric rhythm is increasingly attracting the forces of Light, Love and spiritual Power, with powerful effect. (LH)

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. *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.

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

OM, Raja Yoga is the science of Union. The goal of Raja Yoga is to quieten the mind. To what extent do I have quietness of mind? What do I need to do to bring about greater union within me?

When mind is quiet, it is able to take on the colouring of the higher knowledge and reflect the higher realities. I imagine what it would be like to have a quiet mind, coloured by higher knowledge and reflecting the higher realities.

When mind is restrained, the Yogi knows himself as he is in reality - as Spirit. I imagine myself with mind restrained and with knowledge of spirit.

OM is the Word of Glory, and is the Christ in us, the hope of glory. I see myself as the OM, with the Christ spirit revealed.

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. It also completes the underlying exercise of building the antahkarana.

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

Throughout the month, practise making your mind quiet, and then sounding an OM through your whole nature.