

MEANS 8 –CONTEMPLATION

Thoughts to Ponder Prior to Meditation

Means VIII.

Contemplation. Samadhi. This relates to the ego or real man and concerns the realm of the soul. The spiritual man contemplates, studies or meditates upon the world of causes, upon the "things of God." He then, utilizing his controlled instrument, the mind (controlled through the practice of concentration and meditation) transmits to the physical brain that which the soul knows, sees and understands.

Every form or object is the manifested life of some kind or another, so you are concentrating on the inner meaning, contemplating the world of causes. The Soul transmits what it knows down through the lower vehicles (via the Antahkarana to the brain and waking consciousness). The Soul, centered and absorbed in itself, realizes the oneness with all souls and knows itself to be light. Focusing that light on any object allows the Soul to build a rapport with the light that object is hiding, allowing comprehension, communication, and identification to become possible. *This produces full illumination.*

The mind fixed upon a single object for twelve seconds is a Dharana, twelve such Dharana's will be a Dhyana, twelve such Dhyanas will be a Samadhi." Vivekananda

3-3 Samadhi (contemplation) results when chitta gives up all forms, and becomes absorbed in reality, reflecting only the meaning.

Samadhi occurs when the form aspect is lost sight of, and the meditator becomes aware only of the nature of the life which is expressing itself through the form. There are different levels of samadhi. An early form occurs when chitta is quiet and reflecting higher realms (1-50). Now at this stage, samadhi occurs when the yogi can withdraw from his three-fold vehicle at will, to a super-perceiving level. Consciousness transfers out of the lower brain consciousness into that of the soul. Then the soul looks out upon its own world, sees the vision of things as they are, contacts reality and "knows God."

MEDITATION

1. Basic Meditation Alignment

- a. Sit comfortably with spine erect.
- b. Breathe easily and relax your physical.. emotional.. and mental fields.. OM
- c. Focus high within your head.
- d. Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
- e. Pause for assimilation.
- f. Imagine yourself as the thinker focused within the soul-illuminated mind. OM
- g. 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:

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

What, in your understanding, is the meaning of “samadhi” With your feeling and intuition, try to touch the meaning of contemplation (sensitively seek to shift your awareness from it’s focus in the brain to a focus in the soul on it’s own plane).

Are you able to feel the absorption in the soul consciousness, in soul meditation?

Open your elevated consciousness to the inspiration of what you have touched.

Have you reached realization of the Oneness with all souls?

Visualize the energies received during meditation flowing into and transforming your mental, emotional, physical / etheric bodies. Plan to apply what has been understood in meditation to your daily life.

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