

# HINDRANCE TO UNION 1: IGNORANCE

## Thoughts to Ponder Prior to Meditation

Ignorance is the cause of all the other obstructions whether they be latent, in process of elimination, overcome, or in full operation.” (Sutra 2:4). The field from which all the other hindrances arise, is ignorance. The human soul identifies with its vehicles, with the thoughts and desires they create, because it does not know any better. Ignorance is the root cause of man’s spiritual predicament, and of the pain he suffers. Raja Yoga students have overcome theoretically, being ignorant about their true spiritual nature. This now needs to become an established fact in everyday consciousness. (LOS paraphrased LH).

Ignorance is confusing the permanent, pure, blissful, the Self - with that which is impermanent, impure, painful and the not-self. (Sutra 2:5). This verse sums up the condition of every man from the savage stage up through all intervening conditions to the state of arhatship, in which the final fetters of ignorance are cast off. The reason evil exists, the reason selfishness and personal desires of any kind are evident, is found in the great basic condition which is the limitation of form itself, avidya or ignorance. (LOS 129)

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

**Avidya (ignorance) is the confusing of the permanent, pure, blissful and the Self, with that which is impermanent, impure, painful and the not-Self. To what extent have I freed myself from ignorance?**

**Raja Yoga students are no longer ignorant about their true spiritual nature. This now needs to become an established fact in everyday consciousness. What do I need to do now to become more spiritually aware?**

**When ignorance is brought to an end through non-association with the things perceived, this is the great liberation. I imagine that I no longer identify with things I see, but stand free and liberated.**

### **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**

Throughout the month, do not blindly accept what is presented or said to you – as the truth. Investigate until you are satisfied for yourself. Study your motives so that you can become more aware of whatever it is that motivates and drives you through life – less unconscious, more conscious.