

HINDRANCE TO UNION 2: HATE OR ANGER

Thoughts to Ponder Prior to Meditation

The true yogi neither feels aversion or desire. He is balanced between these pairs of opposites. Hate causes separation, whereas love reveals the unity underlying all forms. Hate is the result of concentration upon form and of a forgetfulness of that which every form (in more or less degree) reveals; hate is the feeling of repulsion and leads to a withdrawal of the man from the object hated; hate is the reverse of brotherhood and therefore is the breaking of one of the basic laws of the solar system. Hate negates unity, causes barriers to be built and produces those causes which lead to crystallization, destruction and death. It is energy used to repudiate instead of to synthesize and therefore runs counter to the law of evolution.

Hate is really the result of the sense of personality and of ignorance plus misapplied desire. It is almost the culmination of the other three. It was the sense of personality and of extreme ignorance coupled with desire for personal gain which produced hatred of Abel in the heart of Cain and caused the first murder, or the destruction of a brother's form. This should be carefully considered, for hate in some degree, aversion to some extent, is present in every human heart. Only, however, when it is entirely overcome by love or the sense of unity will death, danger and fear pass out of the ken of the human family. (LOS 136,137)

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.

The true yogi neither feels aversion or desire. He is balanced between these pairs of opposites. How balanced am I between these two poles? To what extent do I hate, or forgive?

Hate causes separation, whereas love reveals the unity underlying all forms. Do I recognize when my thoughts are being contaminated by irritation or anger (forms of hate?) What can I do to train myself to think with love?

In the presence of him who has perfected harmlessness, all enmity ceases. I use my imagination to see myself as being harmless, and creating peace as I move through the day.

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, endeavour to free your mind, thoughts, words and actions, from irritation, dislike, or hate. Instead, look for beauty in nature, and beauty in others.