

MEDITATION 1

ST. FRANCIS PRAYER

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SKILLS TO LEARN 1 - DAILY MEDITATION

Set aside a time and quiet place – preferably the same time and place each day (early morning is best). This establishes a rhythm to which you will become accustomed and also creates a sacred space that is beneficial for your meditation work. Make this a priority, not an afterthought. Beautify your meditation location, with candles, aroma and beautiful music.

The first goal of this month's work, is to physically and mentally, do the exercise. The greatest impediment that you will face in your spiritual practice is from your lower nature which is often rebellious, wanting to preserve its old routines and customary comforts. From this point onwards, you as the *soul* are throwing down a challenge to all your old ways of living.

SKILLS TO LEARN 2 - THE BASIC FORMAT OF ESOTERIC MEDITATION

1. **Alignment:** the ability to connect your personality with your soul. Integrates the nature - physically, emotionally and mentally - with the soul (source of love and wisdom); frees the mind from outer distractions, so that deeper and more spiritual subjects can be explored.
2. **Meditation:** the ability to achieve a meditative state. Meditation is defined as "extended concentration". Meditation is the period when the mind focuses without interruption on a specific topic. A meditation "seed thought" is simply a sentence, phrase or word which is analysed in order to produce new and illuminating thoughts, and a more comprehensive understanding of the particular meditation topic. Ultimately, the purpose of meditation is illumination of the mind.
3. **Lower Interlude:** the ability to assimilate the awareness gained. the period when consciousness is brought back and "grounded" in the lower nature, and when thoughts and impressions harvested in the meditation are assimilated.
4. **Distribution:** the act of sending a blessing to the world.

Glossary

"Christ" and "God": Use of the Terms

In esotericism, the term "Christ" is a generic term that refers to the love and wisdom of Deity - or in other terms, the inclusive and beneficial Goodness and Compassion which are inherent in the universe. The term was associated with Jesus (Christ), because His mission was to teach man these qualities. He is called a World Teacher, just as His predecessor the Buddha, was similarly a World Teacher. Here is a quote:

The World Teacher... He is that Great Being Whom the Christian calls the Christ; He is known also in the Orient as the Bodhisattva, and as the Lord Maitreya, and is the One looked for by the devout Mohammedan, under the name of the Imam Mahdi... He is the great Lord of Love and of Compassion, just as his predecessor, the Buddha, was the Lord of Wisdom. ¹

In esotericism, the term "God" refers to that sumtotal of manifestation which can also be called Nature, Universal Life, the Central Spiritual Life, Buddha Mind, Brahma, Logos, etc.; it is the aggregate of all the states of consciousness. If a student should have an aversion to either of these terms "God" or "Christ", then simply replace them with one that is acceptable. "Christ" symbolises the quality of love, and "God", universality.

¹ Alice Bailey, Initiation, Human and Solar, p43

Esoteric and Occult

"Esoteric" and "occult" signify "that which is hidden". They indicate that which lies behind the outer form, the causes which produce appearance and effects. They refer to the subtler world of energies. Esotericism is the study and intelligent use of these subtle energies. (Esotericism is the art of "bringing down to earth" those energies which emanate from the highest sources and there "grounding them").¹

Gender

It is important to realise, that when the words "he" or "him" are used in a general sense, they refer to a human being - both male and female.

Mantram

A mantram is a word or phrase that combines sounds and thoughts in a rhythmic and meaningful manner that builds up potency with continued use.

OM: a Sacred Word

"OM" is a mantram and mystical *Sanskrit* sound of Hindu origin. We are often told that the OM is the "Sacred Word", the Word of Deity that carries the vibrations of Divine Love and Wisdom. Consequently, when sounded with good intent, it has a beneficial influence. For instance, it neutralises negative vibrations within the person sounding it, and in the surrounding environment.. When sounded to conclude a meditation, it lifts the positive energies invoked, sending them forth on the wings of light and love to do their work - to the glory of God.

Seed Thought

Generally, there are two methods of meditation. The first engages the mind by using a "seed-thought" - a word, phrase or sentence that is analysed meditatively. This is analytical meditation and is the method used in this course. The second more advanced method is meditation "without a seed-thought" and engages the intuitive faculty. However if the mind has not been previously developed, the unready student will slip into a dangerous trance or unconscious state.

Spiritual Diary

This journal is kept exclusively for thoughts and impressions regarding your spiritual life and development. Keep it beside you as you meditate, so that at the end of meditation, you can record any intuitive impressions before they dissipate. You may choose to write notes in your "spiritual diary"; notes which you may use when you prepare and write your Monthly Meditation Report.

Tibetan Master (Djwhal Khul) and Alice Bailey

The philosophy underlying this course is based upon Trans-Himalayan Teachings as presented in books written by Alice Bailey (1880-1949). But most of these books were actually dictated telepathically to Bailey by a very advanced soul called the Master Djwhal Khul - also known as DK or the Tibetan Master. In 1934, the Tibetan Master wrote: [I am] a Tibetan disciple of a certain degree, and this tells you but little, for all are disciples from the humblest aspirant up to and beyond The Christ Himself. I live in a physical body like other men on the borders of Tibet and at times (from the exoteric standpoint) preside over a large group of Tibetan Lamas, when my other duties permit.²

¹ Bailey, Alice A; Education in the New Age, 67

² Bailey, Alice A; Ponder on this, Extract from a Statement by the Tibetan.

MEDITATION 1: THEME - "ST. FRANCIS PRAYER"

This mantram is the first part of prayer from St Francis of Assisi. By its use we ask for divine assistance to transmute negatives into positive, "spiritual" expressions.

The meditative skill in focus this month, is to familiarise yourself with the meditation format so that it becomes a habit. This will happen automatically as you follow the base format of the meditation. It will also be helped by reading the Essential Reading for Meditation One through carefully before you start.

Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and relax your physical body.
3. Quieten your emotions, feeling a sense of peace and serenity.
4. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
(Imagine your soul to be a radiant, angelic being, or perhaps a sun-like sphere of radiant energy surrounding and enveloping you – a sphere the center of which is just above your head.)
5. Sound the Sacred Word OM
6. Pause, allowing the higher soul energies of light and love to permeate your nature.

Meditation

In each meditation session, say the whole mantram and try to feel in your heart what the words convey. Then, select a line as the day's seed-thought, beginning at the first line and moving through the mantram. By the end of the month, ensure you are working with the entire mantram. As you meditate on each limitation and virtue, scrutinise yourself to see to what extent they apply to you (if at all). Then, for a brief moment, try to see yourself expressing that virtue.

St Francis Prayer

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love.

Where there is injury, let me sow pardon.

Where there is doubt, let me sow faith.

Where there is despair, let me sow hope.

Where there is sadness, let me sow joy.

Lower Interlude

1. With deliberation, bring the work you have just done to a close and refocus:
 - a. In your mind, then
 - b. In your emotional nature, then
 - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
2. Review any thoughts or insights that arose during your analysis of the seed-thought. You may choose to record such thoughts or insights in your spiritual journal. (Every disciple-in-training should have a spiritual journal.)

Distribution

Visualise yourself distributing God's light, love and spiritual power to the world as you sound three OM's..

OM ... OM ... OM

Daily Deliberation

Try to go about your day with a quiet and careful deliberation. Consider the thoughts which have arisen in your meditation work and seek to understand their relevance to your daily life experiences. Keep a spiritual journal where you write down your thoughts and insights immediately after the meditation, and any further thoughts and insights that come to you throughout the day.

Monthly Full Moon Participation

There are powerful alignments among the Sun, Moon, and Earth during the time of the Full Moons, and so we recommend a special meditation each month during these events. You can download the meditations from the Meditation Quest homeroom, or participate with Michael Robbins each month when he has his Full Moon Meditation.

Meditation Report #1

Please answer the following questions in your Meditation Report (keeping your answers "brief but full" and post on Morya Federation within three days of the Full Moon.

- 1. What was the Meditation Lesson Number and Theme this month?**
- 2. What insights did you gain in your meditations? (NB. Sometimes, we may not have uplifting or inspiring experiences for a variety of reasons. If this is your experience, then simply say so.)**
- 3. Were there any particular limitations and virtues that stood out for you personally? Please explain**
- 4. The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience?**
- 5. How was the general quality of your meditation this month? Have you managed to establish a regular pattern of meditation? Are you experiencing any difficulties in your meditation work - if so, please explain? Do you have any questions?**

Study

Please answer at least one of the questions below. Of course, you may choose to answer more.

- 6. Why is alignment important in meditation, and what are the components being aligned?**
- 7. Why is it recommended that you keep a Spiritual Diary?**
- 8. Describe the personality, and include a brief description of its components.**

Meditation Report Template Example using Lesson #1

MEDITATION QUEST MEDITATION REPORT #1 (EXAMPLE)

Name: Julie Smith

Date: 30 Feb 2014

1. What was the meditation theme this month? Practise the format and St. Francis Prayer.
2. What insights did you gain in your meditations? I found the St Francis prayer inspiring, especially as I was going through a difficult period (etc)
3. Were there any particular limitations and virtues that stood out for you personally? Please explain. Yes, for me the opposites of hatred and love stood out, because (etc)
4. The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience. Yes, I joined the Full Moon Meditation this month and found it put me in touch with the zodiacal energies available.
5. How was the general quality of your meditation this month? Have you managed to establish a regular pattern of meditation? Are you experiencing any difficulties in your meditation work - if so, please explain? Do you have any questions? Concentration seems to be easier now. I have greater control of my mind.

Study

6. Why is alignment important in meditation, and what are the components being aligned? Because.. [and so on for further study questions]