

MEDITATION QUEST – MODULE 1

Overview

MQ-1: St. Francis Prayer

Saint Francis of Assisi was an Italian Catholic friar and preacher who is known as the patron saint of animals and the environment. He astounded and inspired the Church by taking the gospel literally--not in a narrow fundamentalist sense, but by actually following all that Jesus said and did, joyfully and without limit. It is notable that the new and current Pontiff of Rome has taken this name "Francis".



Skill to Learn - Basic Format of Esoteric Meditation

The study section introduces the student to the fundamental steps in esoteric meditation. Mastering the steps in the process is probably the most important aspect of this entire course.

MEDITATION 1: STUDY PAPER #1

OVERVIEW OF MEDITATION - What is meditation?

It is an act done willfully.

It is an invitation and therefore a choice.

Meditation is a gift that we give ourselves.



All the meditations are designed for beginners as well as practiced meditators. Therefore, whether we are beginners on the path of meditation or have been walking it for quite some time, the principles do not change. Each meditation will focus on a principle of meditation. As we progress, the meditations will increase in duration and intensity.

Remember always that meditation is an invitation that you give to yourself to cultivate living – living in your mind and living in your life.

To cultivate stillness – stillness in our mind leads to stillness in our physical plane life so that we are not running around without direction, so that we understand the direction we have taken. Stillness is an attitude much more than a decrease in activity.

Meditation is an invitation to grace, peace and equanimity. It is an invitation for the Divine within us and all around us to be known, to be breathed and to be lived. Our mind is accustomed to thinking that it is in control. Further, the mind is accustomed to make us think that we are in control, but we are reminded by a quotation from the Vedic scriptures that “The mind is the slayer of the Real.” The more we meditate the more we understand what that means.

Physical component

Meditation is where we begin to understand that we have a body, it is important, we incarnated into it, and it is the only one that we have for this lifetime. We honour and spiritualise the body through meditation. Meditation invites us to understand more about our body.

First, we need a comfortable position as long as we don't go to sleep - maintaining a state of *awareness* is key.

We also try to keep the back straight by keeping our head up. Why is that?

1. We are invoking subtle energies that we want to move. It is part of the spiritualization process and to facilitate their movement up and down our spine is to our betterment.
2. It also means that we are attentive to our body. One part of our consciousness is aware of the body.

Before we leave the physical part, be sure to set your shoulders back a bit to give room for your lungs to breathe; give room for your heart to expand, figuratively. By having your shoulders back, it keeps your head up, your spine straighter, and this is so important in order to give room for our hearts. These meditations will increase the openness of our heart. Let's give it room.

Meditation does not mean checking out, leaving the body or going into 'lala land'. That is not what meditation means.

Attitude

The attitude for meditation is to *want to* do it and to be *open* to receiving.

'Altitude'

The achievement of meditative 'altitude' requires that we lift our consciousness from the present state of awareness or consciousness into a higher place. We lift it out of our etheric-physical body, our emotional field and our mental field.

Altitude gives us perspective. It reveals the true relations between things and, therefore, helps us think in terms of relations. Altitude changes everything that is available to our mind and to our

feeling nature. This is very important in the understanding of meditation. In meditation we work to develop the proper 'altitude'.

Altitude does not only mean verticality – the sense of 'up' or 'down'. Because meditation is a multi-dimensional process, altitude concerns depth as well. Sufficient altitude helps us move into profound depths of consciousness. Greater depth of consciousness is, paradoxically, the result of sufficient altitude. Altitude is generally considered a word indicating verticality. For the meditator, however, altitude indicates depth and dimensionality as well as verticality.

Assimilation

We pause often in meditation to absorb or assimilate what we are considering. It is a slow and contemplative process that should not be rushed through. Take the time to savour the words, to let them flow through your body, and to truly absorb them.

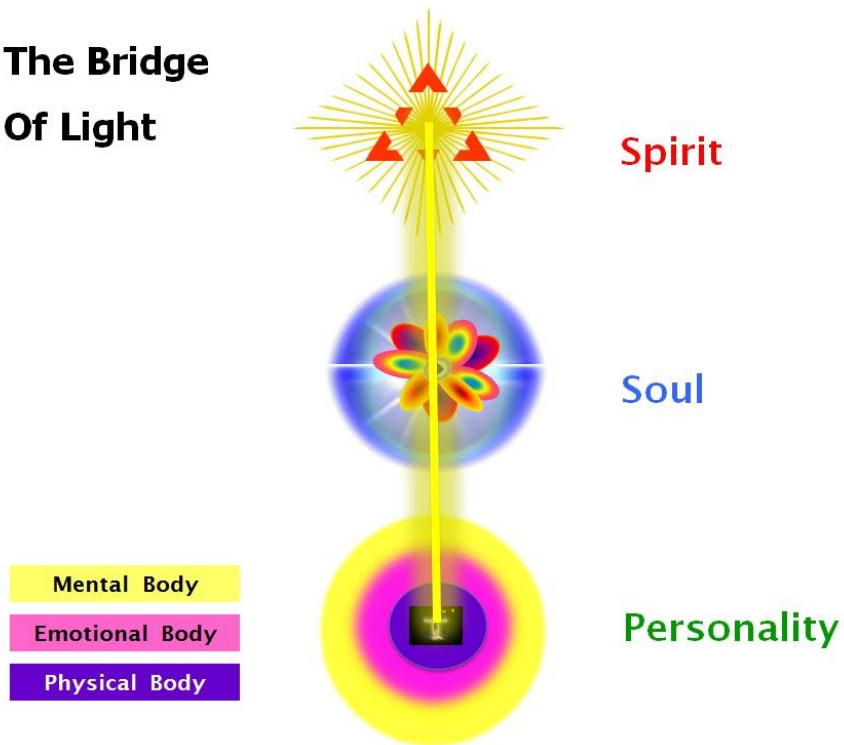
Esoteric or Occult Meditation

There comes a time in our life when our worldly successes no longer satisfy us and we start to long for an existence that is more fulfilling and meaningful. We aspire towards that which is unknown and we long to become conscious of realms that are beyond our usual mundane experience. We feel the pull from a part of us that is sacred and divine. We sense that there is much beauty, truth and goodness that remains hidden, but which we could reach and experience if we had the means to elevate our consciousness. Meditation is a spiritual practice that makes this possible. Meditation helps us contact and eventually unite with that divine part of our energy system which we call the "Soul". The Soul is also referred to as the Higher Self, in contrast to the lower self, which is comprised of our physical, emotional and mental apparatus. These three components of the lower self are referred to as the personality. The aim of meditation is to bring the personality to the realization of the Soul aspect, and to bring our lower nature under its control.

Meditation is the means whereby the lower self becomes purified, integrated and uplifted so that contact with the Soul becomes possible. The Soul has been with us since our very first human incarnation and has been waiting all that time for us to demonstrate that we are seeking to enter into its sphere of influence. The personality signals its readiness and the Soul responds. Both become engaged in building a bridge of light that becomes a channel of communication between the higher and the lower dimensions. Meditation is the means whereby this contact is initiated and perfected, culminating in the union of personality and Soul.

There are hidden universal laws that govern this evolutionary process. These laws govern the manner in which the personality becomes integrated and transformed, until it mirrors the higher vibration of the Soul. Our personality consciousness evolves into Soul-consciousness under these laws. It is these hidden universal laws, the "Laws of the Soul", that determine how we evolve spiritually and achieve our intended state of perfection. The type of meditation that utilizes and applies these laws is called occult meditation. The word "occult" means "hidden", and occult meditation is that form of meditation that utilizes these unseen but powerful energies.

**The Bridge
Of Light**



Occult meditation differs from many modern types of meditation because it keeps the mind engaged. It goes beyond the mystical method of seeking ecstasy of union with the divine or with God for its own sake. Most meditations have an emotional and sensuous angle. Many are the devotees or mystics who wish to experience feelings in their meditations. Occult meditations differ in that the mind instead of the feeling nature is emphasized. Through an intellectual approach and direct experience, knowledge of the Soul can be achieved via the techniques of occult meditation.

These three words probably supply the most accurate definition of occult meditation: *registration, interpretation, application*. They imply *mental activity*, involving cause and effect, contact with a source of inspiration, and the consequent ability to use and apply the fruits of meditation.

One learns to bring the lower mind, through conscious direction, into alignment with the higher mind and Soul. A thought or "seed idea" contemplated in the light of the Soul produces new thoughts, mental illumination, which the lower mind interprets and applies.

Mind, Soul's Instrument

Energy follows thought



- || **The quality of co-creation between Soul and Mind depends on the degree of consonance between Soul and the mind.**

The mind then becomes a “grand central station” where personality energies are projected towards the higher vibrational dimension of Soul, and where Soul energies are received and assimilated so that they can be channeled to our brain and brought forward into our daily life. This two-way contact via the mind is established through occult meditation practices such as *concentration*, *visualization*, the use of the imagination and the focusing on evocative words and mantrams. Further, techniques for the cultivation of qualities are practiced, so that current vices become transmuted into virtues, thus making it possible for us to receive and experience the abundance, beauty, harmony and joy that Soul bestows upon us.

Because meditation is concerned with mental receptivity, it is essentially a means of receiving energy. Clearly directed thought in meditation, with the mind held steady in the light of the Soul, is a scientific means of *contacting* those major aspects of the life force we call *light* and *love* and *power*, giving them right interpretation, and directing them, in the form of ideas and planning, into specific activity.

Occult meditation practices condition our mind so that it becomes the anchor point of the integrated personality, and the starting point for the building of the bridge of light towards the Soul. By means of specific meditation techniques, our mind becomes receptive to the touch of Soul; it stands still in the light of the Soul, and receives the Soul's illumination, love and purpose. In turn, the mind distributes the Soul qualities it has received to the emotional and physical bodies so that our entire lower nature becomes uplifted by the beneficent influence of the Soul.

Meditation is a scientific technique which can be relied upon to produce results if followed through with care and precision. While the techniques of meditation can be learned, the way the techniques are applied varies for each person. Each must find that way for himself, for it is in experimentation that we gain experience in the right use of the mind, bring the consciousness into alignment with Soul energy, and learn how to give right expression to the abundant spiritual resources available for service.

Occult meditation practices do raise the vibration of our personality vehicles so that, gradually, there is greater affinity and attunement with the Soul, prior to the eventual union of the two. The

illuminated mind sees through illusion, penetrates the veils that hide, and pierces through them to contact the Real. On a higher turn of the spiral, our consciousness expands beyond Soul to enter the consciousness of still greater Lives, thereby giving us a glimpse of our place within cosmos. This entire process is governed by the occult spiritual laws that are at the heart of any progress that we make as human beings.

Thus, as a result of practicing occult meditation, our everyday lives become Soul-fulfilled lives, and qualify us to contribute to the upliftment and spiritual progress of humanity as a whole.

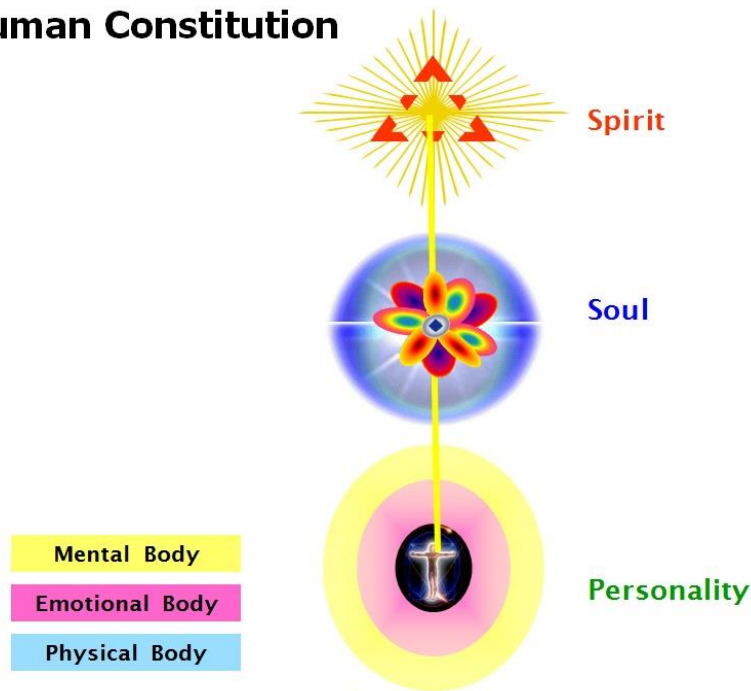
This meditation training assigns a new meditation subject each month. At the beginning of each meditation, some time needs to be spent reading through the introductory paragraphs (the study material) – an activity that will help to settle your energies, your thoughts, and tune you in to the subject. Should you wish to read more about the subject, some optional reading material will be suggested that will complement the meditation theme for each month.

MEDITATION 1: STUDY PAPER #2

THE HUMAN CONSTITUTION (1)

The human being is composed of inter-related energy fields. Our three main energy fields are Spirit, Soul, and Personality. We *are* Spirit, Soul, and Personality.

The Human Constitution



Our personality is made up of three fields:

1. **Physical/Etheric:** energy, vitality, physiology, morphology, nervous system, brain.
2. **Emotional/Sentient/Astral:** desires, feelings -- fears, happiness, hopes, sensitivities, hot buttons, anxieties, compulsions, attachments, being in love.
3. **Mental/Mind:** how we think, how we process information, how we organize material (logical, sequential, circuitous, flexible, divergent), seat of visualization and the creative imagination.

Personality: These three fields/bodies are working in an aligned, coordinated fashion so that one can think, feel and act effectively in the world.

The personality tends to be self-centered, self-willed, self-expressive and has its own agenda for self-aggrandizement as in “I want, I need.”

Spirit is our true being, the spark of our essence, the Principle of Life. Soul is the intermediary between Personality and Spirit. Both Soul and Spirit are part of our essence that endures from lifetime to lifetime.

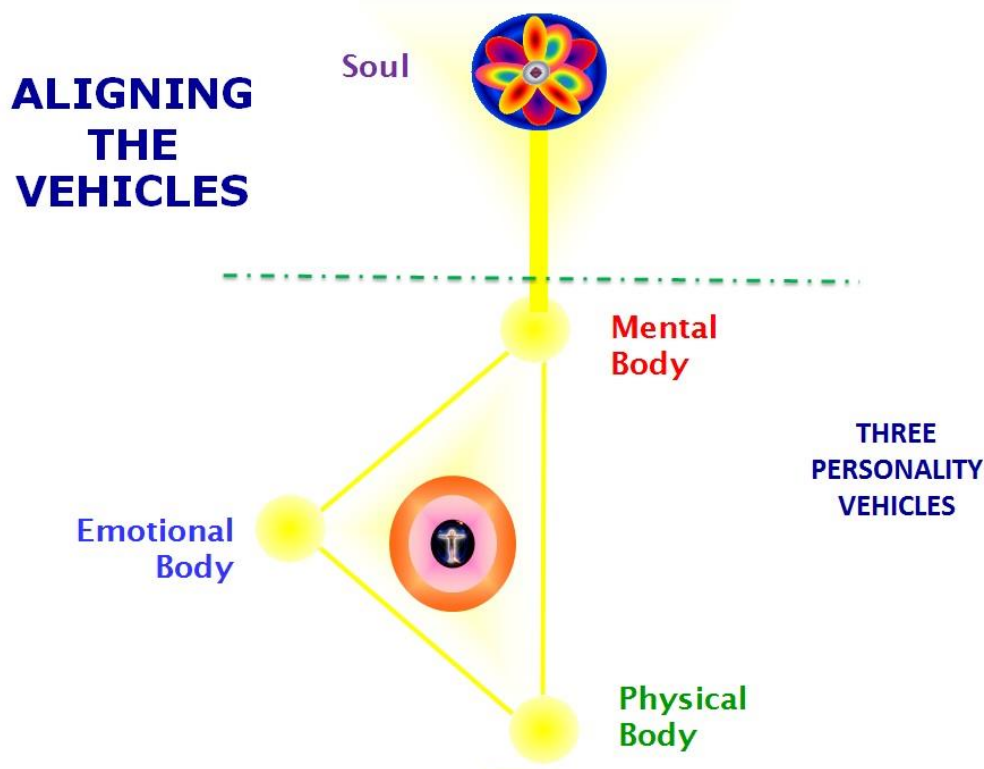
Soul is magnetic and draws/pulls personality forces upwards towards the spiritual and away from the material world. Soul gives us a sense of relatedness, expansion and freedom.

These fields – Personality, Soul and Spirit – vibrate at their own frequencies. Raising the quality of our consciousness and consequently raising the quality of our life involves harmonizing the frequencies of our various energy fields.

“Know Thyself” means more than knowing how we act, feel or think; it means knowing who we ARE. Who we are is much more than our physical, emotional, and mental selves. Our goal is to fulfill our highest potential as Souls, as spiritual beings. We move from becoming Souls to being Souls.

OPTIONAL PRACTICE ALIGNMENT

If you are a student new to meditation, you may want to try this optional practice exercise designed to help you understand the process of aligning the vehicles (physical, astral, and mental bodies, as well as the personality and Soul).



As you breathe subtle energy into your vehicles, keep your intention in mind. Think of each breath as a breath of light and a Soul impulse, and keep this in mind.

Take a full in-breath to begin, then, through exhalation, clear your lungs and your intentions.

1. Consciously breathe subtle energy into the physical body.

Doing so, think, "I breathe into this body."
Allow the light of the breath to fill the body.

2. Consciously breathe subtle energy into the emotions.

Doing so, think, "I breathe into these emotions."
Allow the light of the breath to encompass all of the emotions.

3. Consciously breathe subtle energy into the mind.

Doing so, think, "I breathe into the mind."
Allow the light of the breath to fill the mind.

4. Consciously breathe subtle energy into the personality as a whole.

Doing so, think, "I breathe into this personality."
Allow the light and life of the Soul's breath to fill the personality.

5. Now consciously breathe, using the in-breath to lift the consciousness to a point above the head.

Doing so, say silently, as the Soul-in-incarnation, "I breathe."
Repeat this step a few times. Each time see the light, love, and power of the True Self, the Soul-on-its-own-plane, being breathed out towards you, who are the Soul-in-incarnation within the personality, and then you, in-breathing these qualities.

6. Consciously out-breathe into your life (your workplace, your family, your relationships, etc.), stating, "I breathe into the circles of which I am a part."

7. Consciously breathe in, and then out into the world and into humanity, stating,
"I breathe with the world and with the family of man (humans)."

8. OM three times.

MEDITATION 1- ST. FRANCIS PRAYER

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:

[T]he World Teacher . . . 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.

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").²

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

¹Alice A. Bailey, *Initiation, Human and Solar*, 43.

²Alice A. Bailey, *Education in the New Age*, 67.

"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.³

³ Alice A. Bailey, Ponder on This (and other works), Extract from a Statement by the Tibetan.