

MEDITATION 10

RULES OF THE ROAD (5)

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SKILL TO LEARN 1 ABILITY TO UNDERSTAND ONE'S PLACE IN THE UNIVERSE

The focus this month is on the ability to understand one's place in the universe. Obtaining an intellectual and technical understanding of this panoramic theme is important, because this gives the mind a map it can follow. It is interesting to consider that this desire to find one's place is due to an intuitive (often an unconscious) recognition that we do 'belong' to the universe and that we have our own unique and important role to play in this drama of Life.

The meditation format you have been following, which starts from the particular and ends at an apprehension of "the whole" (when successfully performed), has been designed to help you gain this understanding.

MEDITATION THEME – "RULES OF THE ROAD, STANZA 5"

The goal this month is to understand one's place in the universe. Accompanying this intellectual and intuitive understanding, is the meditative skill of being able to tune into "wholes", whether that be with your group, with humanity or with all universal Life.

Meditating upon the Rules of the Road helps us to do this. These rules tell us that we are travelling a Road with leads from where we are, to Him who waits at the end of the Road; and that we travel with all humanity. We continue our Rules study this month with Stanza 5. Say the whole stanza first, then meditate upon the given segment, answering the questions and any others that should arise.

Stanza 1. The Road is trodden in the full light of day, thrown upon the Path by Those Who know and lead. Naught can then be hidden, and at each turn upon that Road a man must face himself.

Stanza 2. Upon the Road the hidden stands revealed. Each sees and knows the villainy of each. And yet there is, with that great revelation, no turning back, no spurning of each other, no shakiness upon the Road. The Road goes forward into day.

Stanza 3. Upon that Road one wanders not alone. There is no rush, no hurry. And yet there is no time to lose. Each pilgrim, knowing this, presses his footsteps forward, and finds himself surrounded by his fellowmen. Some move ahead; he follows after. Some move behind; he sets the pace. He travels not alone.

Stanza 4. Three things the Pilgrim must avoid. The wearing of a hood, a veil which hides his face from others; the carrying of a water pot which only holds enough for his own wants; the shouldering of a staff without a crook to hold.

Rules of the Road and Florence Nightingale (5)

Stanza 5. Each Pilgrim on the Road must carry with him what he needs: a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life; a purse of gold, which he scatters not upon the Road, but shares with others; a sealed vase, wherein he carries all his aspiration to cast before the feet of Him Who waits to greet him at the gate—a sealed vase.



Nightingale set out on her own--against her family's wishes—and shared herself with others. She travelled to the wounded soldiers, set up nursing stations and trained other women to help. She showed the nature of her hidden life by kneeling in the dirt, binding wounds, assisting in amputations, and nursing people through deadly cholera and typhus outbreaks.

MEDITATION

Alignment

1. Relax your physical body.
2. Harmonise your emotions.
3. Quiet your mind and focus mentally; turn your mind inwards and upwards towards that source of higher consciousness we call the "soul".
4. Align with your soul; then visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.
5. Sound the Sacred Word OM
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

**Oh Thou, Who givest sustenance to the universe.
From Whom all things proceed, to Whom all things return,
Unveil to us the face of the true spiritual Sun, hidden by a disk of golden light.
That we may know the truth and do our whole duty,
as we journey to Thy sacred feet. OM.**

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth..

The Rules of the Road - Stanza 5.

**Each Pilgrim on the Road must carry with him what he needs:
a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon
his heart and show his fellowmen the nature of his hidden life;
a purse of gold, which he scatters not upon the Road, but shares with others;
a sealed vase, wherein he carries all his aspiration
to cast before the feet of Him Who waits to greet him at the gate
—a sealed vase.**

Week 1: Each Pilgrim on the Road must carry with him what he needs: a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life;

- *"A lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life":* what do you think this means and how may it relate to your spiritual development at this point in time?

Week 2: (Each Pilgrim on the Road must carry) a purse of gold, which he scatters not upon the Road, but shares with others

- Could this be interpreted in ways other than with the use we make of our material life resources? If so, what other ways?

Week 3: (Each Pilgrim on the Road must carry) a sealed vase, wherein he carries all his aspiration to cast before the feet of Him Who waits to greet him at the gate—a sealed vase.

- What do you think this means regarding your aspirational life - "a sealed vase"? Why sealed? What would be the consequences for you and for others if the vase were not "sealed"?
- Who do you think "He" is that waits to greet you, and at what "gate"?

Week 4: [The whole of stanza 5]

- In relation to the focus this month of "understanding one's place in the universe", how does this stanza contribute to that?
- How would you summarize the stanza's principal message? What is your most significant learning from studying this stanza?

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.

Distribution

Sound the Great Invocation, distributing God's light, love and spiritual power, to the world.

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**

Daily Deliberation: Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing. Endeavour to walk through this month with the thought in mind that your heart is a lamp, and throw your heart-rays to others.

Monthly Full Moon Participation: There are powerful alignments among the Sun, Moon, and Earth during the time of New and 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 and Tuija Robbins each month when they offer their Pre-Full Moon Webinar Meditation and Exact-Moment Full Moon Meditation-Service Broadcast.

Meditation Report #10

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. How would you summarize the Rules of the Road - Stanza 5? What important instruction does it give us?
3. Relating Stanza 5 to yourself, what insights did you gain about your own personal journey?
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 than that.

1. Briefly describe your understanding of the microcosm and macrocosm.
2. What is the ray that Humanity is on? What is your understanding of how that works out for us?
3. When you reflect on what you learned in the study papers, please select one item which you found to be particularly meaningful, and please explain why.