

MEDITATION 11

RULES OF THE ROAD (6)

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SKILL TO LEARN 1 - UNDERSTAND PATH OF DISCIPLESHIP

In the accompanying study material, you will learn more about the great Evolutionary Path, and in particular, the final stages of this path upon which all aspirants and seekers after spiritual wisdom, travel.

Glossary

Initiation

An initiation is a successive expansion of consciousness that marks a vital stage of the soul's journey.

Monad

Monad is the Life essence, our essential identity. It uses the Soul to express its beingness.

Path

The spiritual path is usually separated into three phases: path of aspiration, path of discipleship, path of initiation. These are the paths that each person ultimately travels as he consciously is evolving, from stepping onto the spiritual path through the path of aspiration and discipleship, and leading eventually to being an evolved, radiant and magnetic human being on the path of initiation.

Service

Service is motivated by consciousness to give of the self to others. It is an expression of love, given freely to the family, the group, or humanity in general. Service is the result of soul impulse, is a technique of group development, and shows our ability to understand and cooperate with the Divine Plan.

MEDITATION THEME – "RULES OF THE ROAD, STANZA 6"

This month completes our study of the Rules of the Road, and your task is to synthesise and ground your understanding of these instructions for spiritual living and life. Say the whole stanza at the beginning of each meditation session. Then, meditate upon the sixth stanza in the first half of the month, and on all six Rules in the second half. Try to establish clearly in your mind, the various requirements – and those that you think are particularly relevant for you.

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.

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.

Rules of the Road and Florence Nightingale (6)

Stanza 6. The Pilgrim, as he walks upon the Road, must have the open ear, the giving hand, the silent tongue, the chastened heart, the golden voice, the rapid foot, and the open eye which sees the light. He knows he travels not alone.



Henry Wadsworth Longfellow wrote about Florence Nightingale in his poem *Santa Filomena* (excerpt below):

**The wounded from the battle-plain,
In dreary hospitals of pain,
The cheerless corridors,
The cold and stony floors.**

**Lo! in that house of misery
A lady with a lamp I see
Pass through the glimmering gloom,
And flit from room to room.**

**A lady with a lamp shall stand
In the great history of the land,
A noble type of good,
Heroic womanhood.**

**Nor even shall be wanting here
The palm, the lily, and the spear,
The symbols that of yore
Saint Filomena bore.**



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 6.

**The Pilgrim, as he walks upon the Road,
must have the open ear, the giving hand, the silent tongue,
the chastened heart, the golden voice, the rapid foot,
and the open eye which sees the light.
He knows he travels not alone.**

Weeks 1 and 2: [The whole of stanza 6].

- Please offer your essentialized interpretation of the meaning of each of the seven requirements listed in Stanza 6.
- Of the "musts" mentioned, which quality do you think is strongest in you? Why do you think so? Which one or ones of the "musts" do you think you must further cultivate? Why? What would be the result in your life if you were successful in this cultivation?
- The mantram ends with the phrase "He *knows* he travels not alone". Why the emphasis on this phrase?

Weeks 3 and 4: [The whole mantram, all six stanzas]

- As you look over the six stanzas, can you formulate a list of instructions that you think are most relevant for your own spiritual development? What would that list contain? Are you working on any of the points on your list now? What do you think your life will be like if you successfully met each criterion?

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. This month, endeavour to be always cognizant of the fact, that you walk the Path with all humanity.

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 #11

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 6? What important instruction does it give us?
3. Reviewing all six Rules of the Road, what insights did you gain about yourself personally and your journey thus far? How do you envision the Path will unfold for you in the next few years?
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.

6. Describe your understanding of the First Initiation.
7. In the initiations described in your study paper, which has the longest period between degrees? Why do you think that is so?
8. 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.