

## OVERVIEW - MEDITATION QUEST - MODULE 12

### MQ-12: "UNION"

This Meditation that concludes the series of meditations in the Meditation Quest Program, focuses upon steps that lead to union with the "Self in All"..



### Study Paper - a Review

In this final study component, the student is taken over a review of the previous years papers. Ultimately, union is all about synthesis

## MEDITATION 12: STUDY PAPER

# UNION THROUGH MEDITATION



*Freedom of the Two* by Francis Donald

## UNION THROUGH MEDITATION

### Review of the Constitution of Man

As we wrap up the Meditation Quest course, we want to reflect on all that we have learned and see how we can continue to apply it in our daily life to better express the qualities of our soul. One of the first things we learned was that our constitution is basically threefold:<sup>1</sup>

#### 1. The Monad, or pure Spirit, the Father in Heaven.

This aspect reflects the three aspects of the Godhead, and is only contacted at the final initiations, when man is nearing the end of his spiritual journey and is perfected.

- a) Will or Power.....The Father.
- b) Love-wisdom.....The Son.
- c) Active Intelligence.....The Holy Spirit.

The Monad reflects itself in:

#### 2. The Soul (Egoic Lotus, Higher Self).

The Soul begins to make its power felt in advanced men, and increasingly on the Probationary Path until by the third initiation the control of the lower self by the higher is perfected, and the highest aspect begins to make its energy felt. This aspect is potentially:

- a) Spiritual Will.....Atma.

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<sup>1</sup> Alice Bailey, *Initiation, Human and Solar*, p xv

- b) Intuition.....Buddhi, Love-wisdom, the Christ principle.
- c) Higher or abstract Mind.....Higher Manas.

The Soul reflects itself in:

**3. The Personality, or lower self, physical plane man.**

This aspect is also threefold:

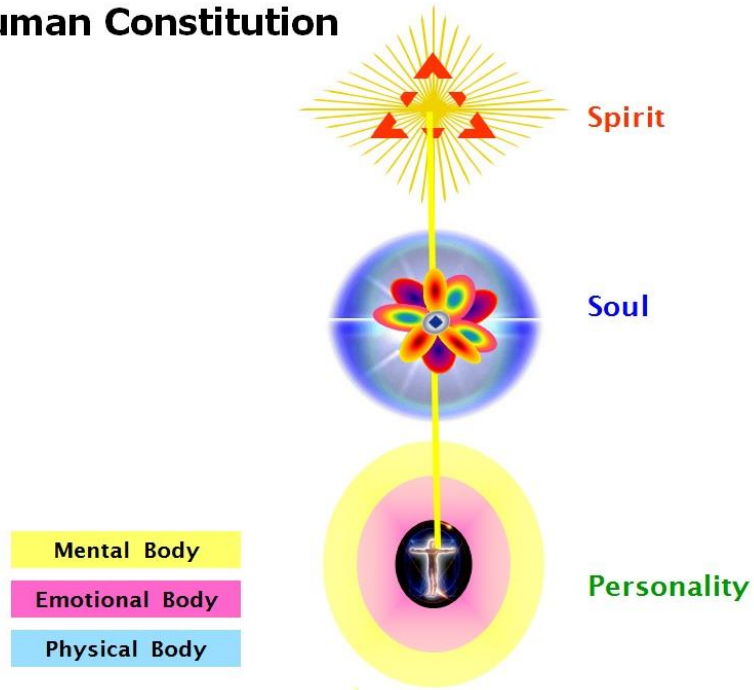
- a) A mental body.....lower manas.
- b) An emotional body.....astral body.
- c) A physical body.....the dense physical and the etheric body.

The aim of evolution is therefore to bring man to the realisation of the Soul aspect and to bring the lower nature under its control.



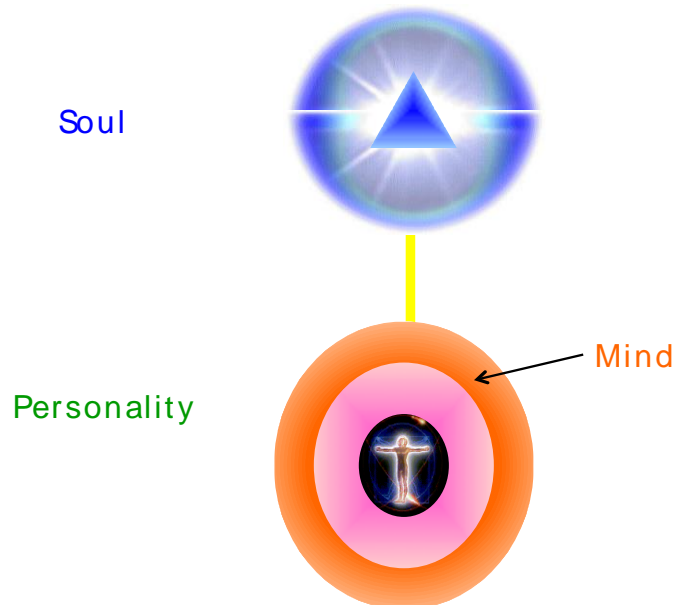
*Image by Duane Carpenter*

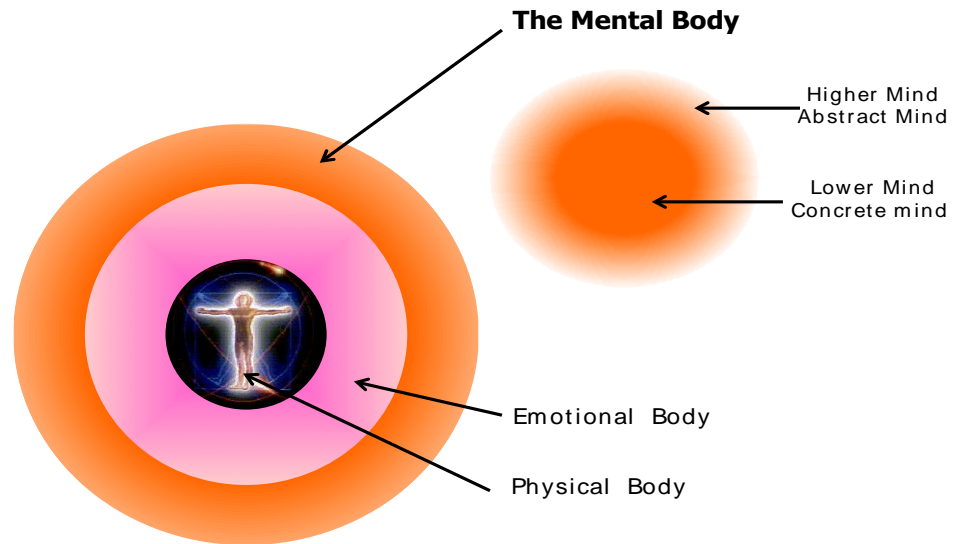
## The Human Constitution



### Review of the Mental Processes

#### Mind, the messenger between Soul and Personality





As part of our studies, we reviewed the mental processes and saw how important the mental plane is in our developing consciousness. We learned that energy is all around us, and that energy follows the train of our thought, just as right motive creates right action. We make happen what we think about. And so the first thing every disciple has to learn is the nature, control and direction of energy. He does this by developing the capacity to see behind the effect and find the underlying cause that produced it.

In essence, our mind, the producer of thought, creates our reality. We use mental energy to formulate thought forms, visualize, imagine, etc., in order to project our intentions into our world. Mental matter responds to both the little will or to the higher will, the will of the soul. The personality has its own self-serving intentions, while the soul has loving and altruistic intentions.

We studied that the soul imposes a new and higher rhythm upon us and our thoughts. This dissipates the murkiness we've surrounded ourselves in via selfish thoughts, and it energizes our thought forms accurately and constructively to bring about soul-impulsed group objectives.

The power of thought, the direction of thought currents, the science of thought-building and manipulation (under law and order of mental matter) should be the objective of thinkers and workers everywhere. This first involves neutralizing the negative impulses of our lower nature—our personality issues—so we can devote all our energy and thought processes on our group and soul activities.

*"This last is of importance, for no worker for humanity becomes of real assistance until he (consciously and with full knowledge of his work) definitely directs his thought energy towards some particular channel of service to the race."*<sup>2</sup>

Service, as mentioned in the quote above, is a key component in soul expression. It is motivated by consciousness to give of the self to others. It is an expression of love, given

<sup>2</sup> Alice Bailey, *A Treatise on Cosmic Fire* p 955

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.

Love streams forth from the Hierarchy and enters the hearts of men, thus bringing humanity and the Hierarchy into relationship. Individuals who are progressing along the Path of higher consciousness have the task of making men's hearts receptive to this love; this is another way of saying that our role is to help Humanity to become receptive to the consciousness of the Spiritual Hierarchy. As we work more as souls in group and service activities that are in line with the Hierarchy's Plan, we expand our ability to also help by becoming role models and mentors for our "younger" brothers on the path, just as was done for us along the way.

*"This Hierarchy is composed of Those Who have triumphed over matter, and Who have achieved the goal by the very self-same steps that individuals tread today. These spiritual personalities, these adepts and Masters, have wrestled and fought for victory and mastery upon the physical plane, and struggled with the miasmas, the fogs, the dangers, the troubles, the sorrows and pains of everyday living. They have trodden every step of the path of suffering, have undergone every experience, have surmounted every difficulty, and have won out."*<sup>3</sup>

### Review of Occult Meditation

We previously learned about the Science of Meditation, particularly Occult Meditation. Meditation is the means whereby the lower self becomes integrated, purified and uplifted, so that contact with the Soul and eventually the Monad become possible. There are hidden universal laws that govern this evolutionary process. The type of meditation that utilizes and applies these laws is called occult meditation because it uses inner, unseen (occult) but powerful energies that are inherent within each of us. Through meditation we begin looking for and analyzing those inner causes that are part of all aspects of the external world in which we live.

*"As he learns to do this, the nature of that outer world of mechanisms alters, and he increasingly becomes aware of the qualities struggling for expression behind the outer forms. Thus the range of his conscious contacts extends, and he passes (through scientific research) from an exoteric understanding of the world of phenomenal appearances to an esoteric comprehension of the world of qualities. Never forget, therefore, that this dual apprehension must be emphasized, and that as a man learns to "know himself," he automatically learns to know the quality underlying all appearances. Look therefore for the quality everywhere." This is what we mean when we speak of seeing divinity on every hand, of recognising the note sounded by all beings, and of registering the hidden motif of all appearing."*<sup>4</sup>

Occult meditations differ from other types of meditation 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. Three words that most accurately define occult meditation are *registration, interpretation, and 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.

*"All things will stand revealed to the man who truly meditates. He will comprehend the hidden things of nature, and the secrets of the life of the spirit."*<sup>5</sup>

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<sup>3</sup> Alice Bailey, *Initiation, Human and Solar*, p 24-25

<sup>4</sup> Alice Bailey, *Esoteric Psychology I*, p 197

<sup>5</sup> Alice Bailey, *From Intellect to Intuition*, p 81

As we previously learned, the meditation process is divided into five parts, one part leading sequentially to another.

1. Concentration. This is the act of concentrating the mind, learning to focus it and so use it.
2. Meditation. The prolonged focusing of the attention in any direction and the steady holding of the mind on any desired idea.
3. Contemplation. In activity of the soul, detached from the mind, which is held in a state of quiescence.
4. Illumination. This is the result of the three preceding processes, and involves the carrying down into the brain consciousness of the knowledge achieved.
5. Inspiration. The result of illumination, as it demonstrates in the life of service.

For the majority of us, the stage of concentration is the one we need to pay the most attention to, as it leads to gaining control of the mental processes.

### Union through Meditation

We learned that the science of meditation is the coming science of the mind. It is the practice of aligning with a higher source, first between the lower vehicles and the mind, then the personality and soul, and upward toward higher points of our evolving soul and monad – our spirit self. This is the process of building our bridge of consciousness, relating the concrete mind to the higher, abstract mind and later to the Universal Mind. It enables man to become in outer manifestation what he is in inner reality, and to make him identify himself with his soul aspect and not simply his lower characteristics.

In that process of personality integration we learned to think of ourselves as a separate entity. “I”, “me” and “mine” became important factors in our consciousness. We held ourselves separate and apart as we experienced our individuality. In modern times, however, and after millions of years of evolution, we are trying to bring back our awareness of the spark of divinity we *essentially* are and to consciously establish union with the Soul, and the method of doing this, as we have learned, is *occult meditation*.

There are three fundamental principles upon which occult study is based and, by understanding them, we better understand ourselves and the principles of occult meditation and union we are seeking to achieve.

**The first fundamental principle** is that there is **One Absolute Reality**, an Ultimate Being that is beyond our ability to understand, but which initiates have intuited as real; it is the One and Only PRESENCE. It is the One Life, and everything else is a part of this ENTITY. We are like the tiniest atoms or sub-atomic particles – minute emanations of this One BEING. This ONE *becomes* all life within the manifested universe. It expresses in three ways, as Spirit, Soul, and Body (or as Christian theology puts it, the Father, Son, and Holy Ghost). This relationship can also be understood as Spirit, its opposite Matter, and the combination of the two, the intermediary, the Universal Soul.

**The second fundamental principle** is that there is a **Law of Periodicity**. In other words, everything manifests cyclically. All beings, great or small, cycle into manifestation and out of manifestation, then back again. This law applies to all manifesting B/beings, from a Solar Logos to a human being incarnating for a particular lifetime. This law applies to the tiniest unit of universal life and to the incarnations of the Universal Logos Itself. All E/entities have three great cycles, and within them are many smaller cycles (i.e., a lifetime is a smaller cycle within the life cycle of a human Monad appearing in human form thousands of times). These cycles are:

Birth	Life	Death.
Appearance	Growth	Disappearance.
Involution	Evolution	Obscuration.

**The third fundamental principle** is that all souls are part of the **One Oversoul**. If you think about it, this relates to the first fundamental principle, doesn't it? The Logos of our solar system is the macrocosm and man is a microcosm within that Logos. This soul aspect is inherent in all forms of life, and this relationship is the basis for Brotherhood—which is not an ideal but a *fact of nature*. Our present evolutionary goal is soul consciousness, and that is the union or yoga we seek. When true soul consciousness is achieved it entails union with the soul aspect of all humanity. In other words, soul consciousness is *group consciousness*.

Thus, meditation brings about union, or at-one-ment. The Eastern mystic may speak of the at-one-ment, while his brother in the West may speak of Union but they mean the same thing. They mean that the mind and the soul (the Higher Self) function as a unit, as a coordinated whole. We hope we've left you, at the close of this course, with a better understanding about occult study, meditation, service, and the soul and spirit that dwell within each of us.

*“The future holds for each and all who duly strive, who unselfishly serve and occultly meditate, the promise of knowing Those Who already have full knowledge of the struggler. Therein lies the hope for the student of meditation; as he struggles, as he fails, as he perseveres, and as he laboriously reiterates from day to day the arduous task of concentration and of mind control, there stand on the inner side Those Who know him, and Who watch with eager sympathy the progress that he makes.”<sup>6</sup>*



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<sup>6</sup> Alice A. Bailey, *Letters on Occult Meditation*, p 258



## MEDITATION 12

# UNION

### Skills to learn - Union

We conclude this series of meditations with the theme of "Union", which is ultimately the whole purpose of our spiritual striving and effort - to obtain union with That which we are, DIVINE ONENESS.

The words below come from Yogi and Sage Geoffrey Hodson (1886 - 1983).

Leave room for the yogic experience of One-ness, affirming "I am That One, That One am I".

As the yogi develops, he or she continuously gains wider and wider and so less and less personal ranges of experience, or deeper and deeper realisations of the fact that the idea of "others", of oneself as a separate entity are erroneous. They have been necessary and what might be called imprisonment within them essential to successful passage through phases of human life and mental experience from personal to impersonal – ever more and more so.

There is no such thing in the Universe as One Spiritual Being – miscalled Self – as separate from any other. No such Entity exists; for there is only a Vast Unitary Identity, a ONE, a UNIT, but not separate because there is nothing else in existence from which to be separated. Like all Sun-Rays and other radiances physical and superphysical emanating from the Sun, each human "Ray" (Monad-Ego as you will) is an indivisible part of the Sun or Source.

In the quietude of your own mind as you meditate, dwell upon this extraordinary and wondrous Truth that ONLY ONE EXISTS and there are not any others anywhere. Then affirm in your meditative consciousness and seek ever to know "I am that all inclusive ONE, THAT am I."

<http://www.geoffreyhodson.com/Spiritual-Disciplines.html>