

## **MEDITATION 12**

# **UNION**

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## **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>

## **MEDITATION THEME – "UNION"**

**"I am that Self in all; that Self am I."**

### **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".

### **Dissociation**

Focus high in the mind, look down at each body and mentally affirm and realise :

1. I am not the Physical Body. I am the Spiritual Self.  
( Send purifying light through the physical body.) OM
2. I am not the Emotions. I am the Spiritual Self.  
( Send purifying light through the emotional body.) OM
3. I am not the Mind. I am the Spiritual Self.  
( Send purifying light through the mental body.) OM
4. Align with your Soul with a line of light. OM

### **Meditation**

Work through the following mantra sequentially – from the first line to the last; using each line as the seed thought of your meditation. Start with line one. Then add the next line, until you are finally working with the entire formula of seven lines.

- a. In your mind, build a picture of the line you are working with,
- b. Then think about the sentence, word or phrase, trying to understand its meaning. (This is the main part of the meditation).
- c. Remember to remain as the observer, and avoid "falling" into your meditation and thereby losing awareness.
- d. Then rise above mind and endeavour to briefly feel a connection with that which you are pondering.
- e. Open your awareness for any insights.

**I am the Divine Self.** (Imagine the Monad, and think about it. )

**Immortal.**

**Eternal.**

**Radiant with Spiritual Light.**

**I am that Self of Light, that Self am I.**

**The Self in me, [The Spirit essence] is one with the Self in all. [The Spirit-Essence of the universe].**

**I am that Self in all; that Self am I.**

**I am That One, That One am I**

### **Lower Interlude**

1. With deliberation, bring the work you have just done to a close. Bring the centre of awareness:
  - a. Back into the mind, illumined and responsive to the intuition.
  - b. Into the emotions, irradiated by Spiritual Light.
  - c. Into the body, empowered by Spiritual Will.
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. From this point on, the Gayatri will be included in your Meditation Alignment.

### **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 #12**

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

1. Reviewing the study component of this 12-step course, which particular paper/s did you find most helpful for your understanding? Why?
2. What insights about "Union" did you gain this month as a result of your meditation and study work?
3. Have you made any major shifts in your own personal process of unification (as a personality, with the soul, with spirit, with your Monad, with the Divine); as a result of this Meditation Quest Course? If so, what?
4. Which next union are you trying to bring about in your consciousness? Why do you think that?
5. Review your progress through this 12-step course of meditation. Overall, what do you think you have gained in terms of your spiritual growth?
6. What did you like best about Meditation Quest? And what did you like the least about it?
7. Do you have any recommendations about this course?