

## MEDITATION 13

### SKILLS TO LEARN – GROUP WORK

These follow-on meditations focus on recognizing and aligning with the soul group. There are no further study papers for Meditation Quest, just the meditations to help you realize the importance of maintaining the rhythm of daily meditation and to highlight that soul work is group work.

Master D.K. tells us in *Discipleship in the New Age* that group unity is rooted in love, and this requires awakening the heart center. He goes on to tell us that the heart center never demonstrates in an individual—it can't react except under group impetus and group relations. The heart center, when radiating fully, relates us to each other, our group, and to humanity as a whole (the One Soul). It is the higher correspondence of our solar plexus, and in the first meditation that he gives us in *Discipleship in the New Age*, he outlines the procedures for awakening the full potential of the solar plexus and raising the energy to the heart center via the head center.

1. Reflect on the alignment of soul and personality, using the creative imagination (this is a "feeling" or astral activity).
2. Consider the relation of solar plexus, heart and head, and focus your consciousness in the region of the ajna centre (this is done mentally).
3. When this has been achieved, then concentrate your aspiration in the heart center, imagining it to be just between the shoulder blades (recognize the concentration of thought energy is definitely there).
4. Then follow the conscious and imagine the withdrawal of the heart's aspiration, life and devotion into the center above the head (the thousand-petalled lotus), and focus consciously there. (These steps assist you in properly building the antahkarana, and relate you to the triangle formed between the soul, hierarchy, and humanity.)

Aspiration awakens us to the higher issues of life and makes the aspirant sensitive to the higher influences of the soul, which in turn connects us to the One Soul. Group work is recognizing that as souls, we do not walk alone; our actions may seem independent, but in reality we are all doing our small part to help bring about the work of the soul group. Each of us has a sphere of influence (contacts with family, friends, work, groups, churches, clubs, organizations) and one of our duties is to help sway these people—via our own example—into active goodwill that allows us all to work together more effectively for the good of all people.

In the book *Labours of Hercules*, Master D.K. tells us that the messages that we receive from our soul, that inner voice, can be different for each of us according to the need of the people around us (the field of service where we do our work). These are truths we each have learned on our own as part of our long journey, but if they are true soul realizations, they all have the underlying principle of loving one another, being kind, and demonstrating that in decent behavior that understands and appreciates other people just as they are. We work together to foster this growing sense of right human relations globally, as more and more people awaken to the consciousness of giving in service for the benefit of the whole. This is the hallmark of the incoming Aquarian Age; an age of inclusiveness, universal spirit, and oneness with all humanity.

## MEDITATION THEME – MESSENGER OF LIGHT

### "I am a messenger of Light."

#### 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

#### Group Alignment

Reflect on the alignment of the soul and personality (feel the alignment)

Mentally consider the relation of the solar plexus, heart, and head and focus your consciousness in the region of the ajna center.

Mentally concentrate your aspiration in the heart center, just between your shoulder blades.

Imagine withdrawing the heart's aspiration upward into the center above the head, the thousand-petalled lotus, and focus your consciousness there with the One Soul.

#### Opening Salutation

Sound the **Gayatri**, opening your mind and heart, radiating love and light to all beings on Earth.

#### 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 mantram.

- 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 a messenger of Light. I am a pilgrim on the way of Love.*

*I do not walk alone, but know myself as one with all great souls, and one with them in Service.*

*Their strength is mine; this strength I claim. My strength is theirs and this I freely give.*

*A soul, I walk on Earth. I represent the ONE.*

### **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.

### **Daily Deliberation**

Throughout the day, consider the thoughts which have arisen in your meditation work and so keep the transformational effects ongoing.

### **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 webinars. Contact Jo Walz [walz.jq@gmail.com](mailto:walz.jq@gmail.com).

### **Meditation Report #13**

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. What insights about "Group Alignment" did you gain this month as a result of your meditation and study work?
2. Do you have anything to share as a result of the "*I am a messenger of Light*" meditation theme? What does "*Light*" mean to you?
3. Did you participate in a Full Moon (FM) meditation? If so, what was the quality of your meditation experience? Did you gain any special insights regarding the zodiac sign energies available at the FM time?