

MEDITATION 15

MANTRAM OF UNIFICATION (PART I)

SKILLS TO LEARN – UNIFICATION

Earlier you studied the Noble Eightfold Path of Buddhism, emphasizing that the right use of the mind is important. This was a list of eight factors that start with right belief and right intention; both involving wisdom—a type of discernment that awakens us to the faculty of understanding so we see things as they really are.

Right belief fosters aspiration so we consciously become intent on living less selfishly, and that leads us to cultivate ethical conduct in our day-to-day affairs like right speech, right action, and right living, thus restraining our personality flaws. And when that happens, we begin concentrating on right endeavor, right mindfulness, and right concentration in our life. But this is by no means all there is to it; we must continue to practice right mindfulness and right concentration to consistently stay with the right belief and other factors.

The first stanza to the Mantram of Unification that you will be working with this month brings recognition that we are all one, and an affirmation to always practice right speech, right thought, and right action (paralleling the concepts of the Noble Eightfold Path). As we begin consciously working with group unification and right human relations, we are opening up the heart center. For mankind as a whole, this is the first time that humanity has been able to share this heart reaction—we see this working out as recognition worldwide of the suffering and the public outcry because of it.

And so the first part of the Mantram of Unification begins with the simple words:

The sons of men are one and I am one with them.

I seek to love, not hate; I seek to serve and not exact due service; I seek to heal, not hurt.

Consider these thoughts in meditation this month, along with what you have previously learned about the Noble Eightfold Path.

MEDITATION THEME – UNIFICATION

"Mantram of Unification, Part 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

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.

The sons of men are one and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

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.jg@gmail.com.

Meditation Report #15 - Work to be Done

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 "Unification" 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 "The sons of men are one and I am one with them" meditation theme? Which theme of "*love*, *service*" or "*healing*" is most important to you? Why?
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?
4. Review your progress so far through this continuing course of meditation. Overall, what do you think you have gained in terms of your spiritual growth?