

## MEDITATION 16

# MANTRAM FOR UNIFICATION (PART II)

### SKILLS TO LEARN – UNIFICATION

This month you will continue with the remainder of the Mantram of Unification.

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.

Let pain bring due reward of light and love.

Let the soul control the outer form and life and all events, and bring to light the love which underlies the happenings of the time.

Let vision come and insight. Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all men love.

Last month's meditation focused on the growing recognition that we are all one and we need to practice right speech, right thought, and right action. This month the focus expands to the realization that the more soul control we have, the more we are able to comprehend the light and love inherent in all things. The more purified our lower vehicles become through right thought, speech and action, the clearer the channel becomes between our soul and personality, and that clarity becomes our vision and insight. These things become second nature to us.

## MEDITATION THEME – UNIFICATION

### "Mantram for Unification, Part II."

#### 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.

**Let pain bring due reward of light and love.**

**Let the soul control the outer form and life and all events, And bring to light the love which underlies the happenings of the time.**

***Let vision come and insight. Let the future stand revealed.***

***Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all men love.***

### **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 #16 - 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 "*Let pain bring due reward of light and love*" meditation theme? What role has "pain" played in your own life journey? Have painful experiences helped to expand your consciousness? Would you go through those experiences again?
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?