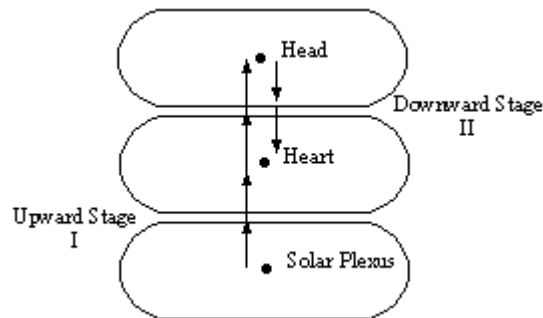


MEDITATION 17

SKILLS TO LEARN – WILL

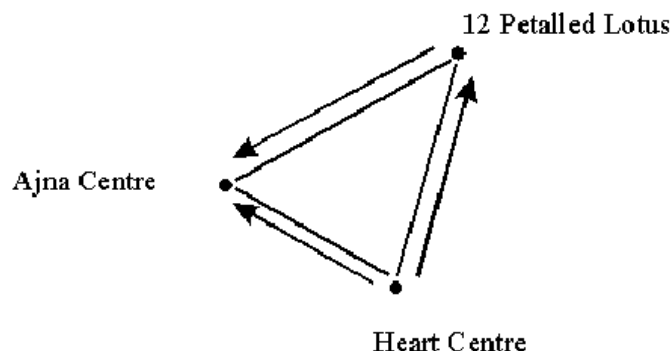
In previous meditations you have been taught to focus consciousness in the head center. You have also been focusing on specific energy and directing that energy from one point to another. Now you will learn to summon the will from the head center for the purpose of directing it downward into the solar plexus. This will facilitate the work of lifting the solar plexus to the heart center and establishing the proper alignment between the solar plexus, heart, and head centers.



There are two points of vital light within the solar plexus that makes this center so important; it is a clearing house for the centers below the diaphragm to those above it. One of these points of light is connected with the lower psychic and astral life, and the other is brought into activity through the inflow of will from the head center, which stimulates sensitivity to the higher purpose of the soul. This is done in two stages, first lifting the energy of the heart center to the head via soul-controlled aspiration. The second stage is the deliberate sending of spiritual energy to the solar plexus via an act of the will.

These things are accomplished through a regular rhythm of daily meditation and cultivating daily activities that are considered “intentional living” (i.e., right thoughts, right speech, right actions). Try, in this process, to recognize not only your own individual actions and reactions, but also how they impact the sphere of influence around you.

Eventually, as disciples, you will extend this work to become ashramic in nature and effect. You will see that the work you are doing here relates the heart center to the twelve-petalled lotus in the head; that it is necessary to direct this loving heart energy to the service of humanity via the ajna center; and that this then establishes an important triangle that disciples work with:



MEDITATION THEME – WILL

"I am will and fixed design."

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 as you say the Mantram for New Group of World Servers:

I am the soul. And also love I am. Above all else I am both will and fixed design.

My will is now to lift the lower self into the light divine. This light I am.

Therefore, I must descend to where the lower self awaits my coming. That which desires to lift and that which cries aloud for lifting are now at-one. Such is my will.

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 #17 - 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 "will" 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 the soul. And also love I am" meditation theme? What do you think "fixed design" is referring to?
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?