

## MEDITATION 2

# "I AM THE DIVINE SELF"

### Contents

SKILL TO LEARN - ABILITY TO ALIGN THE PERSONALITY AND SOUL .....	2
Understanding the Great Invocation .....	2
Glossary .....	2
MEDITATION 2: THEME - "I AM THE DIVINE SELF" .....	3
Meditation Report #2 .....	5
Meditation Report Template Example using Lesson #1 .....	5

## **SKILL TO LEARN - ABILITY TO ALIGN THE PERSONALITY AND SOUL**

A primary "spiritual" function in man is to integrate the personality vehicles - physical, emotional and mental, into a strong and influential personality. This is a preliminary step to the higher work of then, aligning the consciousness of the personality with that of the soul.

As esoteric meditation is persistently applied, gradually these lower and higher integrations and alignments take place. When successful, the mind and whole nature gradually becomes illumined with soul love and light, leading eventually to enlightenment - the flooding of soul wisdom and love throughout the entire personality.

### **Understanding the Great Invocation**

The Master DK tells us:

"What I am here telling you refers not only to the use of the Great Invocation but also to the daily and constant use of the Sacred Word by occult students and aspirants in their daily meditation. They could change their lives, reorient their life purpose and focus, and achieve spiritual unfoldment and expansion if they could use the OM as it should be used. The Great Invocation, rightly used by the many hundred thousand people who have already attempted to use it, could reorient the consciousness of humanity, stabilise men in spiritual being, disrupt and rebuild the planetary thoughtform which men have created in the past and which has had (and is having) such disastrous and cataclysmic results, and open the door into the New Age, thus ushering in the new and better civilisation. This could be done so rapidly, that the needed changes would come about almost overnight;" <sup>1</sup>

### **Glossary**

#### **Divine Will**

Purpose and will are faculties which motivate men to take action. The more we express our soul, the more we can understand and act upon unselfish motives and better work in greater alignment with Divine Purpose through actions of goodwill.

#### **Divine Love**

Love is the underlying principle of the One Deity, and is the integrating force unifying all things great and small. It is attractive and magnetic, and flows from the cosmos, through the constellations and our solar system, and eventually to humanity. {keeping the orders of magnitude

#### **Divine Intelligence**

Light is knowledge; when we invoke Divine Intelligence, we are asking to be illumined by a type of knowledge and wisdom known.

<sup>1</sup>. Alice Bailey, Externalisation of the Hierarchy, p146 {the size of the superscript must be uniform—I made them so below}

## **MEDITATION 2: THEME - "I AM THE DIVINE SELF"**

**The "I am the Divine Self" mantram:** is designed to correct the misperception that we are simply mortal beings locked into a material world, and to bring about a re-identification with our true spiritual Self. It brings about a realignment of the personality consciousness with the soul and with the Divine. It is a truly beautiful and uplifting mantram.

**The Great Invocation has been included:** this is a mantram or world prayer that invokes the energies of light, love and spiritual power. It also refers to a "Plan of love and light"; simply, it is man's spiritual destiny to demonstrate and express universal love and light (wisdom). All major religions recognise this, and sounding the Great Invocation affirms this.

Although the terms "God" and Christ" are used, the Great Invocation is not Christian and is not exclusive to any particular religion or group. The concepts that these terms symbolise are familiar to most western minds, hence their use. Unfortunately, because of religious bullying, the terms are unattractive to some. If you have this reaction, you are asked to either: move past the form and connect with the spiritual quality and Reality behind the word, or replace the word with one you feel comfortable with. EG: God with terms such as Universal Life, Wholeness, One soul, Buddha Mind; and Christ simply with Love.

### **Alignment**

*(The meditative skill in focus this month is conscious alignment of the personality with the soul. The simple alignment exercise we use at every meditation is the first step in this important process.)*

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".

*(Imagine your soul to be a radiant, angelic being, or perhaps a sun-like sphere of radiant energy surrounding and enveloping you – the center of which is just above your head).*

4. Align with your Soul:

*(Imagine a line of golden or white light connecting you with your soul; then - visualize the light and love of your soul pouring down into your physical, emotional, and mental fields.)*

5. Sound the Sacred Word OM

### **Dissociation Exercise**

*(This exercise is another step in the personality-soul alignment process, which depends upon the student making a firmer identification as a soul.) Mentally affirm and realise:*

1. I have a physical body; but I am not the physical body. I am the Soul. (*"Lift eyes" to the soul*)
2. I have emotions, but I am not the emotions. I am the soul.
3. I have a mind and thoughts; but I am not the mind. I am the soul.

## **Meditation**

In each meditation session, say the whole mantram and try to feel in your heart what the words convey. Then, select a line as the day's seed-thought, beginning at the first line and moving through the mantram. By the end of the month, ensure you are working with the entire mantram. As you meditate on each line, try to see yourself as you are spiritually, as a soul, as Light; and feel the expansive effect in your heart.

**I am the Divine Self. (*Imagine the soul*)  
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.  
I am that Self in all; that Self am I.**

## **Lower Interlude**

1. With deliberation, bring the work you have just done to a close and refocus:
  - a. In your mind, then
  - b. In your emotional nature, then
  - c. In your physical body, allowing the energy generated by your meditation to have a beneficent, spiritualizing effect upon each of these three personality vehicles.
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:** Try to go about your day with a quiet and careful deliberation. Consider the thoughts which have arisen in your meditation work and seek to understand their relevance to your daily life experiences. In moments of stress, practise the Dissociation Exercise, and reaffirm that you are the soul. Think often of your true Self, your inner light and radiance.

**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 #2**

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

- 1 What was the meditation theme this month?**
- 2. What insights did you gain in your meditations? Do you find the Alignment and Dissociation Exercises helpful for bringing about a closer alignment with your soul?**
- 3 The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience?**
- 4. How was the general quality of your meditation this month? Have you managed to establish a regular pattern of meditation? Are you experiencing any difficulties in your meditation work - if so, please explain? Do you have any questions?**

#### **Study**

Please answer at least one of the questions below. Of course, you may choose to answer more than that.

- 5. Describe the three aspects of God as used in the Great Invocation.**
- 6. What is the "Door where Evil Dwells" and who seals it?**
- 7. Describe the dynamics of the personality and soul.**

### **Meditation Report Template Example using Lesson #1**

MEDITATION QUEST MEDITATION REPORT #1 (EXAMPLE)

Name: Julie Smith

Date: 30 Feb 2014

1. What was the meditation theme this month? [Practise the format and St. Francis Prayer.](#)
2. What insights did you gain in your meditations? [I found the St Francis prayer inspiring, especially as I was going through a difficult period \(etc\) .....](#)
3. Were there any particular limitations and virtues that stood out for you personally? Please explain. [Yes, for me the opposites of hatred and love stood out, because \(etc\) .....](#)
4. The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience. [Yes, I joined the Full Moon Meditation this month and found it put me in touch with the zodiacal energies available.](#)
5. How was the general quality of your meditation this month? Have you managed to establish a regular pattern of meditation? Are you experiencing any difficulties in your meditation work - if so, please explain? Do you have any questions? [Concentration seems to be easier now. I have greater control of my mind.](#)

Study

6. Why is alignment important in meditation, and what are the components being aligned? [Because.. \[and so on for further study questions\]](#)