

MEDITATION 3

THE GAYATRI

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SKILL TO LEARN - ANALYSE A SEED THOUGHT

In order to have a productive meditation and get the most out of seed-thought analysis, firstly, the external environment has to be prepared (your meditation space). Then, a step-by-step process followed - this is the alignment, meditation, lower interlude and distribution format you have been following. The next step is to learn to think correctly and maximise the mind's powers.

There are two methods of meditation. The first engages the mind by using a seed-thought. The second method proceeds "without a seed-thought". Simple versions of this latter method are observing the breath, and chanting. The latter method is not practised in this course, as a precaution. If the mind has not been properly developed and coordinated, it is very easy for the student to slip into a dangerous trance or unconscious state.

The mind is engaged in this "analyse a seed-thought" technique and is taught to think scientifically. Simply, as you focus your mind on the seed thought, try to:

1. Understand, in general, what the thought conveys to you. Ask yourself questions such as "What does this mean? How would I define it?"
2. Understand what the thought means to you *personally*. Ask yourself questions such as "Does this concept/ virtue, apply to me personally? If so, how?"
3. Ascertain the *spiritual* truth it veils. Ask yourself questions such as "In the larger scheme, what does this mean? In its entirety, spiritually, what is this prayer/ mantram/ concept/ affirmation, teaching me? Can I connect with this truth?"

In the accompanying study material, you will learn about the mind and thought forms and how energy follows one's train of thought.

"SALUTATION TO THE SUN" - THE GAYATRI MANTRAM



Gayatri (GUY-ah-tree) is a Sanskrit word for a song or a hymn. There are many *gayatri* mantrams - in Hinduism all Gods and Goddesses have a *gayatri* mantram associated with them. The "*Gayatri Mantram*" is the oldest and most well known of all *gayatri* mantrams and is a hymn to the Almighty. Here is a Hindu translation with an English translation below.

*Om bhur bhuvah svah
tat-savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah pracodayat*

The deity associated with this mantram is the Sun - *Savitri* (the second word, line two), the Sun as it is rising and setting. The Sun is a metaphor for God, which when personalised for man is the soul, and when universalised, is the One Central Sun or Life of the Universe.

God — glorified by the light, ineffable and effulgent, shining forth. ¹

When chanted, the One Deity, the One from whom all life is created, is saluted and the indwelling God-light is invoked.

In the *Gayatri* we pray to the creator of the entire universe and so establish the beginnings of a conscious relationship, transcending all limitations, with "the one supreme God." Its use builds into our deepest consciousness the reality that man is God-created. ²

A Translation

**Oh Thou, Who givest sustenance to the universe,
From Whom all things proceed, to Whom all things return
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light
That I may know the truth and do my whole duty, as I journey to Thy sacred feet. OM.**

1. Oh Thou, Who givest sustenance to the universe: a personal salutation or greetings to "God," the glorious and ineffable, sustaining light and life of the universe.
2. **From Whom all things proceed, to Whom all things return:** acknowledges the relationship of all life in the universe to Deity - all are born from the One Parent and one day all too will return. It also acknowledges one's personal relationship with Deity and one's approaching return.
3. **Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light:** As we sound the mantram and meditate on its meaning - "light, God, the One Absolute Reality," so it may inspire and enlighten us and remove any obstacles to our enlightenment. It invokes our own, inner spiritual light to help bring us to self-realization.
4. **That I may know the truth and do my whole duty, as I journey to Thy sacred feet.** Once aware of the truth of our true spiritual identity, we serve the Plan, which is to assist all fellow travellers back to the sacred Source.

1 Alice Bailey, From Bethlehem to Calvary, p159

2 <http://www.lucistrust.org>

MEDITATION 3: THEME - THE GAYATRI MANTRAM

The Gayatri Mantram is a salutary hymn to the Almighty, and is very uplifting. Every time a hymn as powerful as this is sounded with "heart", the atomic substance of our nature undergoes transformation. It is particularly powerful when chanted while observing the rising or setting sun.

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".
4. Align 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

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. Answer the questions and any others that should arise.

The meditative skill in focus this month, is the analysis of the seed-thought. Here is a recommended method. Analyse the seed thought and establish clearly in your mind the following:

1. What you think the seed-thought means generally
2. What you think the seed-thought means to you personally.
3. What you think the inner significance is, the *spiritual* truth that the seed-thought veils. As you do this, "lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

Oh Thou, Who givest sustenance to the universe.

From Whom all things proceed, to Whom all things return,

Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.

**That I may know the truth and do my whole duty,
as I journey to Thy sacred feet. OM.**

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

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

From this point on, the Gayatri will be included in your Meditation Alignment.

Support your mind-concentration work by endeavouring to be mindful of all you do during the day, to focus "in the Now".

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 #3

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 thoughts and insights did you gain in your meditation on the Gayatri?**
3. **Was it easy or not easy, to follow the analytical technique? Do you think it helped to gain a greater understanding of the theme? Please explain**
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?**
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?**

Study

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

6. **Briefly describe what you understand about energy and the concept that "energy follows thought."**
7. **Describe your understanding of chitta.**
8. **What are the different components of the mind and how do they work?**

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]