

## OVERVIEW - MEDITATION QUEST - MODULE 3

### MQ-3 "THE GAYATRI"

This meditation introduces the student to the Gayatri Mantram, sometimes called "salutation to the sun". The sun of course is a universal symbol of Deity.



#### **Skill to Learn - the Mind and Analysis of a Seed Thought**

This month's study section focuses on the mind, its analytical power and the need to bring the mind under the control of the soul. When successful, this quiets the mind, an important requirement for successful meditation.

## MEDITATION 3: STUDY PAPER #1

# ENERGY FOLLOWS THOUGHT

### ENERGY FOLLOWS THOUGHT

In this month's meditation we begin to consider the concept that "energy follows thought." We use the Great Invocation with its focus on some key thoughts, knowing that it is calling for universal brotherhood and love, and is bolstered by the thought-forms of all people of goodwill using the same invocation worldwide. When the invocation is constantly sounded, with heartfelt thought put into it, then Divine Light, Love and Will can increase in our own natures, as well as within humanity in general. "*As we think in the heart, so are we.*"



Energy is all around us. We live within a sea of energy. We receive energy from many sources: cosmic rays, solar energy, planetary energy, atomic energy, etc. A human being is also a source of energy, as we generate and transmit our unique contribution into the vast fields of energy that surrounds us. Qualities such as Love, Will and Forgiveness, are also a type of energy; the human psyche is subject to many of these very refined influences that affect our consciousness, our temperaments, our behaviours. Energy is neither positive nor negative: it is the *receivers and transmitters* of energy that determine whether it will be expressed as either beneficial or harmful.

The energy that we generate and transmit originates in several parts of our constitution. For instance, our soul is a source of energy, and its energy is directed towards our personality. Within our personality the energy sources are our mind, our emotional nature and our physical body. They all emit energy and influence one another. These many sources and forms of energy are significant, but in this paper we will focus on the energy emitted by our mind, via our thoughts. We will explore the power that our thoughts have, and the significant changes and outcomes that they can cause. Yes, energy does follow thought.

We are familiar with the energy from wind and water that causes turbines to generate electricity. In turn, this electrical energy causes light bulbs to light up, fire to transform water into steam, and power to cause inert mechanical devices to move. These few examples show that a substance can experience a change of state as a result of being subjected to a certain type of energy.

Mental energy causes similar transformative changes to occur. As we use our mental energy and thought power, we can cause significant changes within ourselves, and within our environment.

### Mental Energy

Ideas and thoughts cause mental substance to coalesce into a form, a mental form that we have called a *thoughtform*. This thoughtform in turn cascades down to our emotional field, causing emotional substance to be attracted to the thoughtform and adhere to it. We now have an astral-mental creation. At the next level, physical substance becomes attracted and this gives rise to tangible results such as an action or a form (i.e. a book, a behaviour, an invention). This response on the physical plane is the result of the chain of events that have occurred previously in our mental and emotional fields.

In the early stages of developing our mental abilities we aren't able to bring many of our thoughts into physical manifestation. They fail to accomplish our intended purpose because at that stage, we are unable to formulate our thoughts with enough mental strength and clarity to propel them with sufficient force and cause noticeable effects.

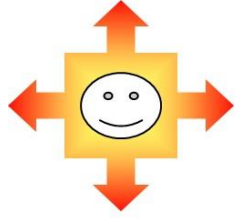
The nature of our thought not only causes the emergence of feelings and actions, it determines whether these will be pleasant or unpleasant, constructive or destructive (or helpful/hurtful). In esotericism *like attracts like*. Our unselfish, rightly motivated thoughts cause the emergence of constructive feelings that cause correct action. The reverse is of course true: selfish or destructive/hurtful thinking causes painful emotions and wrong action.

### Quieting the Chitta

As already stated, a thought generates energy commensurate with the potency of our thinking. In the process of making our thinking lucid, focused and powerful, we must learn to quiet the mind and to control its gyrations— the Chitta. Just as we must control any wayward expression of lower desire, we have to do the same to the various expressions of the lower mind. We have to quiet the “chitta” which results from our excessive mental activity and random thoughts that cause interference -- a sort of mental “white noise”. We need to learn to recognize these unproductive uses of mental energy and strive to harness them and direct them towards constructive uses. This we do through meditation and concentrated effort to hold the mind steady, and at a certain stage on the spiritual path, to hold the mind steady in the light of the soul.

Distortion also occurs within our emotional and physical energy fields when the energies within those vehicles are in a disturbed or uncontrolled state. We obtain our knowledge of the world from what we perceive with our senses, filtered by our emotions, and expressed by our lower mind. Uncontrolled energies within our personality vehicles shut off the soul light and prevent true knowledge from entering our mind. As personalities aspiring for soul's all-knowing wisdom, we must equip ourselves to use the energy of our mind to dispel the false and reveal the Real.

With focused thinking from the heart (a point of love and wisdom), we express the consciousness of our soul. As we develop our intellect and learn to focus on the mental plane in meditation, we become more and more aware of our soul's existence and our intentions change to be more in line with Soul's intentions.



## **Energy Follows Thought**

### **How do we use our mind to manifest?**

**Visualize**

**Imagine**

**Affirm**

**We create our own reality. Our mental constructs are blueprints upon which are built the forms that make up our world.**

Visualization, imagination and affirmation are powerful techniques that we use in order to manifest what our mind can conceive. Visualization causes mental energy to become gathered around a thought and focused on it; when the power of our imagination is added, we are able to create a mental image that has the vitality and impetus needed for its dispatch. We imagine and visualize its direction, its potential effects, and the results it may produce. This process of directing mental energy can become a habit and does occur quite effortlessly once we practice it regularly and persevere. Thus we equip ourselves to put greater energy into our thoughts and cause significant changes to occur.

We can use these techniques to foster a closer similarity between the energies of our personality and that of our soul, i.e. a closer alignment. For instance, we can create mental images of qualities that we wish to build into our personality. If we wish to become more giving, for example, we can play a scenario in our mind to portray a change of behaviour that would illustrate that we have become more giving. In our imagination, we apply a future desired state to our present state, projecting into our personality a more soul-like way of being. By seeing, sensing and acting this quality in our mind we give it form, creating the pathways to actually give birth to that quality within us – to change from “pretend” to reality. Energy *does* follow thought and we can apply these mental techniques to cultivate and unfold soul qualities, build our future, and imagine a better world.

Right thought results in right action. Through the power of our illumined mind we can express the intelligence, love, wisdom and will of our Soul. By wielding the energy of our illumined mind we can change our life; by changing our life we can change the world.

### **Summary:**

Our mind, the producer of thought, creates our reality. We use mental energy to formulate thoughtforms, visualize, imagine, etc. in order to project our intentions into our world. Mental matter responds to both the little will or to the higher will, the will of the soul. The personality has its own self-serving intentions, while soul has loving and altruistic intentions. As we expand/deepen our connection to soul, soul becomes the Thinker that uses the mental energy to manifest its divine thought.

## MEDITATION 3: STUDY PAPER #2

# THE MIND

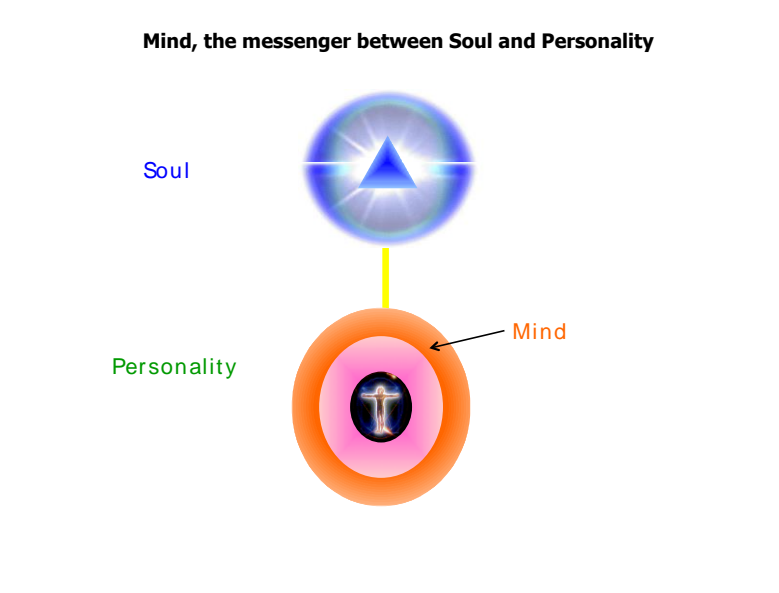
### THE MIND

Humanity today is seeing a significant acceleration in the development of the mind. The Internet greatly facilitates the accumulation of knowledge for humans of all ages. Knowledge is at our fingertips, so our mental faculties can be devoted to the processing of this knowledge to enhance our ability towards right thinking, making informed decisions, and anticipating what the future might bring.

As humanity enters into its heritage of mind, there appear simultaneously a great number of books on the creative mind, and many groups are teaching the power of the mind in shaping our lives. Today our foremost thinkers and creative workers are the pioneers who respond most readily to the mental impulses. They are in the minority as yet, as most people respond to the forces emanating from our emotions and desires. This is why training in occult meditation is so important, in order to teach humanity how to develop the mind and use its mental faculties to the utmost.

"There is nothing conceivable of beauty and truth that is not in the mental plane, but out of this splendor each man sees only that which his development enables him to perceive".<sup>1</sup>

### What is the Mind?

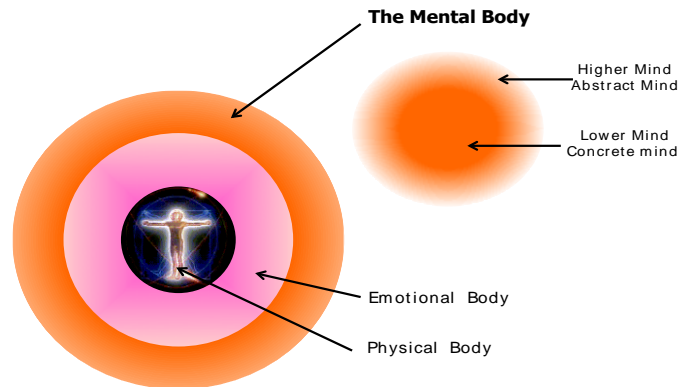


<sup>1</sup> Paraphrased from Arthur E. Powell, *The Mental Body*, p 156

The mind is the thinking vehicle within our personality. It resides in mental substance and creates forms out of this mental substance – thoughtforms. Its other important function is to act as the messenger between the soul and the personality.

The mind is divided into the lower mind, which we call the concrete mind, and the higher mind, which we call the abstract mind. Our mind evolves over lifetimes of mental development and right thinking, until such time as we experience both higher and lower levels of the mind. The development of the mind parallels our capacity to reach the realm of ideas, high-level concepts, inspiring thoughts, etc. The higher mind is constituted of mental substance that is most refined and is the home of great ideas that embody Truth, Beauty, Justice, etc.

In our spiritual development we progress from awareness in our lower concrete mind to awareness in our abstract mind.



Here are the characteristics of our dual mind:

#### Lower Mind:

1. Acquires knowledge
2. Receives and processes input from the five senses
3. Separates, divides, analyses, relates, thinks, learns and figures things out
4. Creates thoughtforms, pictures, words
5. Resides within the realm of illusion until it is no longer contaminated by desire, pride, and prejudice
6. Creative, as energy follows thought.

The lower or concrete mind is responsible for our so-called cognitive abilities. These include thinking, reasoning, analyzing, comparing, learning, visualizing, discriminating. We could say that all the activities usually ascribed to the brain belong to the concrete mind. The brain is part of our physical body and it does not think. It is simply a most sophisticated instrument

that is responsive to the mind's activity and translates it into actions in the dense physical world.

#### Higher Mind:

1. Realm of divine ideas, principles, abstract thought, archetypes, blueprints
2. Pattern-building faculty, the patterns upon which forms are built
3. Pure reason, unimpeded by the limitations of the lower mental levels
4. Synthesizing and not separative like the concrete mind.

#### Process from Thought to Action:

There is a progression from thought to action, a chain of events that originates within our mind, as follows:

- a. An idea creates a reaction within the mental substance of our concrete mind
- b. Mental substance is attracted to the idea and surrounds it, creating a mental form – a thoughtform
- c. This thoughtform cascades to the emotional body and receives the energy of emotional substance
- d. Finally the physical body is reached, the brain responds, and the thought works out as physical activity – a tangible manifestation of an intangible thought.

The level of mental development that we achieve determines the quality and potency of our thoughtforms. Personality/soul alignment during meditation allows the mind to become an increasingly effective messenger between the soul and the other two personality vehicles, which are the emotional and physical bodies. The purity and refinement of both astral and physical bodies are also of paramount importance so as not to cloud or distort the thoughtforms.

#### Why Develop the Mind?

The control, training and development of the concrete mind is accomplished during the initial stages of the spiritual path.

The purpose of developing the concrete mind is to make it receptive to impression from the Soul and from the abstract mind. Furthermore, the mind is the source of control for both the emotional and physical vehicles, so it has an important role to play in the process of personality integration.

And as we have demonstrated, the mind is the medium of contact between the personality and the soul – the messenger. A mind held steady in the light of the Soul receives wisdom from above and can translate this wisdom into right action. It is both a receiver and transmitter of energy from below and from above.

#### How is the Mind Developed?

The attributes of the mental substance resemble the attributes of gas: volatile, constantly moving, impressionable, changeable, the “monkey” mind that lacks focus and stability. After some training, however, the mind becomes steady, is capable of logical thinking, it can remain poised under stress, it can think clearly and formulate concepts.

Additional mental attributes we need to develop are: control of thought, stilling of the mind, control of action, tolerance, endurance, humility, suppleness, inclusiveness. Later developments, once

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the mind has been stilled and can receive the higher truths, include discrimination between real and unreal through the dissipation of illusion.

Meditation is the most effective tool for developing the mind. Meditation develops the mind's power to hold itself in the light, and in that light, to become aware of divine ideas and bring them through into the world.



## MEDITATION 3

# THE GAYATRI

### 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.* <sup>2</sup>

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.* <sup>3</sup>

## 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.

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<sup>2</sup> Alice Bailey, From Bethlehem to Calvary, p159

<sup>3</sup> <http://www.lucistrust.org>