

MEDITATION 4

LEAD ME FROM DARKNESS TO LIGHT

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SKILL TO LEARN - CONCENTRATION VIA SEQUENTIAL-THINKING

The average mind flits from topic to topic rapidly, and concentration (especially if the subject is considered "boring") is difficult. Concentration is the power to focus the consciousness on a given subject and to hold it there as long as desired; it is the method of accurate perception. Another word for concentration is attention, that is, one-pointed attention. The best way to harness the mind's attention is to become really interested and focused on whatever it is we are doing in the moment. This will automatically make the mind one-pointed. This month you given instruction in a mind-concentration technique called "The Sequential Thinking Method".

Sequential-Thinking

Start by concentrating on the seed-thought. Then move your mind to the next thought that has arisen from the seed, and concentrate on that. Then move your mind to the next thought, and concentrate on that. Move your mind forward in a sequential manner, linking the next thought with the previous thought. You are laying a pathway of thoughts, neatly strung together. Be alert as you come to the end of a thought and before you connect with the next thought. This is when the mind is most likely to try to resume its restless ramblings. Being able to move through that gap, from thought to thought, without mind-flitting, is Sequential Thinking.

The following example of sequential thinking comes from Alice A. Bailey's 'From Intellect to Intuition' page 330. It starts with the seed-thought "Thou God seest me."

Thou God seest me.

This God is the divine in me, the indwelling Christ, the soul.

For long ages, this soul has perceived and observed me.

Now for the first time I am in a position to see God.

Until now, I have been negative to this divine Reality.

The positive relation is becoming possible.

But — this seems to involve the idea of duality.

But I and God are one.

I am God, and have been all the time.

Therefore I have been seen by my Self.

I am that Self, That Self am I.

Can you read through the whole thought-stream with full 100% attention and awareness? If so, that is sequential thinking.

Using any topic that you find interesting, practise the technique. In the beginning, it may help to write your thoughts down. If you take the time now to train your mind to follow this sequential thinking process, it will greatly benefit your meditation work and personal development. There is nothing esoteric about this work, it is simply mind-training.

In the accompanying study material, you will learn more about concentration and the Practise of Mindfulness.

Glossary

Five Hindrances

The five hindrances to right concentration are greed for sensual pleasure, hatred, mental lethargy, restlessness, and mental vacillation.

Noble Eightfold Path (The)

The Noble Eightfold Path is a list of eight factors that start with right belief and right intentions; both involve wisdom—a type of discernment that awakens us to the faculty of understanding so we see things as they really are. Right belief fosters aspiration so we consciously become intent on living less selfishly, and that leads us to cultivate ethical conduct in our day-to-day affairs like right speech, right actions, and right living, thus restraining our personality flaws. And when that happens, we begin concentrating on right endeavour, right mindfulness, and right concentration in our life.

Right Concentration

Right concentration calls for full attention on the object being considered in meditation. It is developed through mindfulness in meditation and is used to suppress any distractions during meditation, so you can cultivate wisdom and insight and be able to fully investigate your ability to have right views and see the reality around events and life's happenings. The development of concentration will be blocked by the presence of certain mental states which we call the five hindrances.

Right Mindfulness

Right mindfulness (or right mindedness) is constantly keeping the mind alert to things that might affect the body and mind. It is cultivating an awareness and attention of things around you with deliberate intent and focus to remember and avoid inattention and forgetfulness.

Vedas and Upanishads

The Vedas originated in ancient India and are the fundamentals of Hinduism. Composed in Vedic Sanskrit, the texts constitute the oldest layer of Sanskrit literature and scriptures of Hinduism. The Upanishads deal more with the philosophical side of Hinduism, they are a collection of texts which form the theoretical basis for the Hindu religion. *Advaita Vedanta* is the school of Vedic philosophy.

MEDITATION THEME – "LEAD ME FROM DARKNESS TO LIGHT"

This is a prayer from the Vedas - *Asatoma Ma Sadgamaya* (Brhadaranyaka Upanishad — I.iii.28); in which the supplicant asks the Almighty for assistance. It is an entreaty for spiritual enlightenment and illumination. Enlightenment - the spiritual illumination of the mind so that the love and light of the soul has free expression through the nature, is the goal for all spiritual seekers. Enlightenment is the doorway into reality, continuity of consciousness, and true spiritual beauty. This is the goal of this mantram.

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
6. "Turn" towards the Almighty as you say the Gayatri "from the heart":

**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.**

Meditation

Analyse the seed thought (using any accompanying questions); determine what it means generally, personally, its inner significance, the spiritual truth it veils. "Lift up" towards the Divine with your heart, and try to see/ touch/ or feel, that truth.

**Let reality guide my every thought,
and truth be the master of my life.
O Lord, lead me from darkness to Light,
From the unreal to the Real, From death to Immortality,
From chaos to Beauty.**

Week 1: Let reality guide my every thought, and truth be the master of my life.

- How would you define *reality*?
- What would your life be like if reality guided you and your thought life?
- How do you define *truth*? How truthful and accurate are you in what you say?
- What would your life be like if you spoke only the truth - with kindness?

Week 2: O Lord, lead me from darkness to Light

- What do you think people's lives are like when living in the darkness of ignorance?

- What is the relation between light and enlightenment?
- To what extent do you think the energy of soul is expressing through you?

Week 3: From the unreal to the Real, From death to Immortality

- What is the world of the unreal? How does it compare to that which is Real?
- Where do you stand between these worlds of the unreal and Real?
- Interpret " From death to Immortality"; to what does it refer?

Week 4: From chaos to Beauty.

- To what extent have you overcome the chaos of the lower life?
- What is the cause of this chaos on an individual and global level?
- How much inner Beauty do you find within yourself?
- Is this inner Beauty yours (as a personality), or the soul's, or God's? What do you think?

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 which have arisen in your meditation work and so keep the transformational effects ongoing. From this point onwards, try always to walk in the Light, in Beauty, aware of the Real.

Monthly Full Moon Participation: There are powerful alignments among the Sun, Moon, and Earth during the time of New and 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 and Tuija Robbins each month when they offer their Pre-Full Moon Webinar Meditation and Exact Moment Full Moon Meditation-Service Broadcast.

Meditation Report #4

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

1. **What was the meditation theme this month?**
2. **What insights did you gain in your meditations on the Real, Light and Beauty?**
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. **How would you describe mindfulness?**
6. **What are the enemies of concentration, and why are they considered enemies?**
7. **Briefly describe the Eightfold Noble Path and its components.**

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.. \[and so on for further study questions\]](#)