

MEDITATION 5

MANTRAM OF UNIFICATION

Contents

SKILL TO LEARN - MEDITATE UPON A MANTRAM	2
Glossary	2
MEDITATION THEME – "THE MANTRAM OF UNIFICATION"	4
Meditation Report #5	7
Meditation Report Template Example using Lesson #1	7

Skill to learn - Meditate upon a Mantram

Mantric forms are collections of phrases, words, and sounds which by virtue of rhythmic effect achieve results that would not be possible apart from them. ¹

There are mantric forms based entirely on the Sacred Word OM. These, sounded rhythmically and on certain keys, accomplish certain results, such as the invoking of protective angels; they lead to certain effects, either objective or subjective. These forms or mantrams are much more in use among the eastern faiths than at present among occidentals. As the power of sound is more completely understood and its effect studied, these mantrams will be adopted in the occident.

Some of them are very old and when enunciated in the original Sanskrit have unbelievably powerful effects. So powerful are they that they are not permitted to be known by the ordinary student. There are a few very esoteric mantrams that exist in the original Sensa, and that have remained in the knowledge of the Brotherhood from the early days of the founding of the Hierarchy.

Certain of mantrams are chanted in unison by the Brotherhood on great occasions, or when the united power of the Lodge is required to effect desired ends. Great events are inaugurated by the sounding of their key note with appropriate words employed. A mantram, when rightly sounded forth, creates a vacuum in matter, resembling a funnel. This funnel is formed betwixt the one who sounds it forth and the one who is reached by the sound. There is then formed a direct channel of communication. You will see therefore why it is that these forms are so carefully guarded and the words and keys concealed. Their indiscriminate use would but result in disaster. A certain point in evolution has to be reached, and a similarity of vibration somewhat achieved, before the privilege is afforded the pupil of being custodian of a mantram whereby he may call his Master.

Once a year the entire Hierarchy employs a composite mantram that creates a vacuum between the highest and the lowest members of that Hierarchy and on up to the Logos Himself. It marks the moment of intensest spiritual effort and vitalisation during the year, and its effects last throughout the intervening months. Its effect is cosmic, and links us up with our cosmic centre.

Glossary

Antahkarana - The Bridge of Consciousness

As we evolve and become more conscious we begin to connect with our soul via a thread of connection or a bridge, which is called the antahkarana. This bridge that we build through meditation produces alignment between our personality (the physical/etheric vehicle, the astral/emotional vehicle and the mental vehicle), and the soul so that the fairly evolved personality is capable of steadily developing the expression of the soul.

This part of the bridge is known as the lower antahkarana and links or *integrates* the personality and the *infusion* of soul into the personality. It is built out of the directed thoughts and rising motivations of the individual and is the result of the use of *will* plus the creative imaginative faculties. The will used in this context can be summed as directional, intense, determined and persistent. The antahkarana is then available to higher impression and vibration.

There is a second part of the antahkarana known as the higher antahkarana and it reaches from the soul-infused personality to the Spiritual Triad. This Spiritual Triad is the

¹ Alice Bailey, Letters on Occult Meditation, p162-165

personality of the monad (spirit) and has an analogous relationship to the monad as the personality with its three vehicles has to the soul. The Spiritual Triad consists of manas – higher mind, Buddhi – pure intuition and Atma – the will of the monad.

In the graphic below we see both the lower and higher antahkarana. The lower antahkarana reaches from the personality to the soul. The higher antahkarana reaches from the soul infusing personality to the Spiritual Triad.

Aspirant

An aspirant is one who aspires for something high or good. This brings about a certain structure of right living, thinking and conduct. We call that character. Character building is one of the most important achievements for the aspirant.

Atlantean

According to esoteric history, Atlantis the continent was the home of the Fourth Root Race, the residents of which are called Atlantean. This word is also associated with consciousness, and when so used, refers to consciousness that is focused in the world of emotion and feeling. We are told, that this is the faculty in man, that the fourth race developed.

Brotherhood

A genderless term that refers to that very close bonding that occurs between people who share the same thought or philosophy. In esoteric text, it refers to a soul-to-soul relationship formed between those who serve the Plan of Deity, and whose relationship is based on inclusive love and trust.

Invocation

Invocation is the act of demanding something from a higher source. It implies that there is a relationship established between the person making the demand and the higher source sought. If the relationship is solid and the invocation motivated from the soul, it can evoke a response from the higher source, such as the master, but the invoker must be able to adequately receive and interpret the impressions evoked.

Service

Service is motivated by consciousness to give of the self to others. It is an expression of love, given freely to the family, the group, or humanity in general. Service is the result of soul impulse, is a technique of group development, and shows our ability to understand and cooperate with the Divine Plan.

MEDITATION THEME – "THE MANTRAM OF UNIFICATION"

We are told by the Tibetan Master that the Mantram of Unification "is a modernised and mystically worded version of one which was used widely in Atlantean days during the period of the ancient conflict of which the present (World Wars I and II) is an effect." ¹ It was given to disciples to help unify humanity and reorient man to higher values.

Each meditation period, say the entire mantram, being mindful of the goal of unification - you with humanity and humanity as a whole. Then meditate upon each segment for a week, answering the questions and any others that may arise.

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 we may know the truth and do our whole duty,
as we 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.

The Mantram of Unification

The sons of men are one, and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

Let pain bring due reward of light and love.

Let the soul control the outer form,

And life, and all events,

And bring to light the Love

That underlies the happenings of the time.

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone.

Let love prevail. Let all men love.

¹ Alice Bailey, Externalisation of the Hierarchy, p142



Week 1: The sons of men are one, and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

- To what extent do you personally express love, helpfulness and harmlessness?
- What can you do to express more of these soul qualities?

Week 2: Let pain bring due reward of light and love.

Let the soul control the outer form,

And life, and all events,

And bring to light the Love

That underlies the happenings of the time.

- Have you suffered a painful experience in your life, that eventually resulted in a more rewarding life filled with "light and love". Was the pain worth it?
- How influential is the One Soul (Love) in humanity today, when compared to the period of the World Wars? What is the difference, if any?

Week 3: Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone.

Let love prevail. Let all men love.

- Can you vision a future humanity as a united, one-soul, expressive of love?
- What will it require to heal the cleavages in humanity?

Week 4: Let vision come and insight. Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone.

Let love prevail. Let all men love.

- Change begins with the individual. How integrated are you do you think?
- To what extent can you love with your mind (be harmless in thought)?

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. Hold the vision of a unified humanity impelled and guided by love and light, in your heart, as you go about your day.

Monthly Full Moon Participation

There are powerful alignments among the Sun, Moon, and Earth during the time of 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 #5

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 Lesson Number and Theme this month?**
2. **What insights did you gain in your Unification Meditation?**
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.

5. **Describe your understanding of the evolution of consciousness.**
6. **When you reflect on what you learned in the study papers, please select one item which you found to be particularly meaningful, and please explain why.**

Meditation Report Template Example using Lesson #1

MEDITATION QUEST MEDITATION REPORT #1 (EXAMPLE)

Name: Julie Smith

Date: 30 Feb 2014

Meditation Lesson No. and Theme: No. 1, Basic Esoteric Meditation Format

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 \(etc\)](#)
- 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. [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.](#)