

## **MEDITATION 6**

# **RULES OF THE ROAD (1)**

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## **SKILL TO LEARN: ABILITY TO ENTER INTO SOUL CONSCIOUSNESS**

The Tibetan Master said

"Esoteric training is an impersonal matter; it is concerned with the development of soul consciousness and with the expansion of that consciousness to include, and not exclude, all forms of life through which pulses the life and love of God. The true disciple is ever inclusive and never exclusive. It is this inclusiveness which is the hallmark of all true esotericists. <sup>1</sup>

Meditation is, or should be, a deeply spiritual experience. It leads to right relationship with God and to right human relationships in everyday life. Creative meditation begins with an alignment exercise and results in a deeper, more extensive and more sustained alignment between the meditator and his whole environment. Alignment brings the various levels and states of consciousness "into line" with one another, or into correct relative adjustment.

In meditation alignment concerns the mental body—the mind; the emotional/feeling nature—the heart; the etheric or energy body and the physical self. When these are integrated into a unity, they can be aligned with the soul itself, the spiritual Self. A channel of communication is thereby created linking the brain, the heart, the mind and the soul; the life energy of the soul, with its power to illumine and inspire, can then sweep through into activity, affecting every aspect of daily life.

Once created in consciousness, the essential alignment is ever present, needing only a moment of directed thought to bring it to life as an active ingredient in the relationship between the inner and outer life. *Lucis Trust*

### **Glossary**

#### **Ashram**

A spiritual group or centre, to which the Master gathers his students for personal instruction.

#### **Path (The), the Spiritual Way, The Road**

All similar terms refer to the Path of Spiritual Development, which all follow as they progress in consciousness, from ignorance to enlightenment. The Path spans many lives, as does continuity in consciousness.

<sup>1</sup> Alice Bailey, *Discipleship in the New Age I*, page xi.

## THE RULES OF THE ROAD

**Stanza 1. The Road is trodden in the full light of day, thrown upon the Path by Those Who know and lead. Naught can then be hidden, and at each turn upon that Road a man must face himself.**

**Stanza 2. Upon the Road the hidden stands revealed. Each sees and knows the villainy of each. And yet there is, with that great revelation, no turning back, no spurning of each other, no shakiness upon the Road. The Road goes forward into day.**

**Stanza 3. Upon that Road one wanders not alone. There is no rush, no hurry. And yet there is no time to lose. Each pilgrim, knowing this, presses his footsteps forward, and finds himself surrounded by his fellowmen. Some move ahead; he follows after. Some move behind; he sets the pace. He travels not alone.**

**Stanza 4. Three things the Pilgrim must avoid. The wearing of a hood, a veil which hides his face from others; the carrying of a water pot which only holds enough for his own wants; the shouldering of a staff without a crook to hold.**

**Stanza 5. Each Pilgrim on the Road must carry with him what he needs: a pot of fire, to warm his fellowmen; a lamp, to cast its rays upon his heart and show his fellowmen the nature of his hidden life; a purse of gold, which he scatters not upon the Road, but shares with others; a sealed vase, wherein he carries all his aspiration to cast before the feet of Him Who waits to greet him at the gate—a sealed vase.**

**Stanza 6. The Pilgrim, as he walks upon the Road, must have the open ear, the giving hand, the silent tongue, the chastened heart, the golden voice, the rapid foot, and the open eye which sees the light. He knows he travels not alone.**

## MEDITATION THEME – "RULES OF THE ROAD, STANZA 1"

This month we begin a six month meditative study on "The Rules of the Road". The Rules are instructions which guide us back to our spiritual Source. They are of ancient origin, but have been updated for modern understanding and will be adjusted in the future when needs must.

They are the essential instructions of the Higher Spiritual Way and can never be discarded. For students in this course, the Rules provide the map that will enable him or her to navigate the challenging Path of Aspiration, to that of true Discipleship and service in a Master's Ashram.

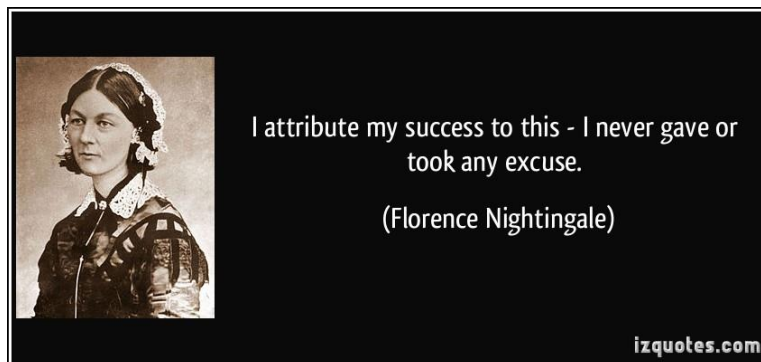
A most important point to note in regard to these Rules, is that they represent the requirements of Group Law and group life. When the student begins to move beyond his aspirational life towards the "Ashram" of the Masters, he is required to leave his individual law and autonomy behind and to abide by a greater collective law - one that can be described as that of "Oneness" or "Wholeness". But never is one's true integrity or honour disrespected - what is repudiated is the selfishness of the not-Self. The road or path that he then travels is ONE ROAD and, though narrow, upon it the whole of humanity is progressing.

Upon this "narrow, razor-edged path," one learns to walk with discipline and discretion and with the desirelessness which one experiences in unison with one's fellow disciples. <sup>1</sup>

### Rules of the Road and Florence Nightingale (1)

As part of this study on The Rules of the Road, we examine the life of nursing pioneer Florence Nightingale, an advanced disciple. This is evident because of the impact for good that she had on the world. Each month, the stanza which is the subject of the month's meditation will be related to vital stages of Nightingale's life. The student is likewise invited to find similar connections in his or her life.

**Stanza 1. The Road is trodden in the full light of day, thrown upon the Path by Those Who know and lead. Naught can then be hidden, and at each turn upon that Road a man must face himself.**



Florence Nightingale felt her spiritual calling from a young age. In her writings she describes her early awareness of the suffering of others, and so she studied nursing. She saw a notice in the London *Times* about soldiers suffering in the Crimean War, and volunteered to help. She was appointed superintendent of nursing, and set off for the Crimean Peninsula. Flouting medical conventions of the day, she proceeded to do what she thought best and began improving medical and sanitary conditions and setting up food kitchens.

<sup>1</sup> Alice Bailey, *Glamour: a World Problem*, p49-50

## MEDITATION

The meditative skill in focus this month, is "the ability to enter into greater soul consciousness". The Esoteric Meditation Format that you have been instructed to follow, is helping you to develop this skill. It leads you from your personal consciousness and space, up into soul consciousness, and even beyond. Each time you meditate following this format, a little more soul light and wisdom enters into your consciousness.

### 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 us 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 to you generally, to you personally; then finally 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.

Say the whole stanza as you begin each meditation period, then meditate upon each line for a week, answering the questions and any others that should arise.

#### The Rules of the Road (of Group Law) - Stanza 1.

**The Road is trodden in the full light of day,  
thrown upon the Path by Those Who know and lead.  
Naught can then be hidden, and  
at each turn upon that Road a man must face himself.**

#### **Week 1: The Road is trodden in the full light of day,**

- What is the Road, and why "the full light of day"?
- What dangers await those who try to walk in the shadows?
- How much of your time is spent either in the light, or in the shadows?

#### **Week 2: (That light is) thrown upon the Path by Those Who know and lead.**

- Who are the Knowers?
- Why do they lead and what is the nature of the light they throw?

**Week 3: Naught can then be hidden, and at each turn upon that Road  
a man must face himself.**

- Do you think the Law of Karma is involved here, and if so, how?
- Was there a most challenging situation in your life when, because of your actions, you had to "face" yourself and it was a hard thing to do?

**Week 4: [The whole of stanza 1]**

- Let us suppose that it is your soul who is leading you on today and is throwing light upon your way. As you face yourself today, what is it do you think that your soul wants you to realise about yourself ?

**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. Endeavour to walk "in the light", transparent of motive and heart.

**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 #6**

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. **How would you summarize the Rules of the Road - Stanza 1? What important instruction does it give us?**
3. **Relating Stanza 1 to yourself, what insights did you gain about your own personal journey?**
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. **In the human constitution, what sub-planes make up the personality?**
7. **What do you consider to be the most important aspect of soul consciousness?**
8. **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

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]