

MEDITATION 7

RULES OF THE ROAD (2)

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SKILL TO LEARN - ABILITY TO ENTER INTO SOUL CONSCIOUSNESS

In the message of the Buddha we have the three methods whereby the personality can be changed and prepared to be a conscious expression of divinity (soul conscious).

Through detachment, the brain consciousness or state of awareness (embodying physical recognition of inner causes) is withdrawn or abstracted from the things of the senses and from the calls of the lower nature. Detachment is in reality the imposition of a new rhythm or habit reaction upon the cells of the brain which renders the brain unaware of the lure of the world of sensory perception.

Through dispassion, the emotional nature is rendered immune from the appeal of the senses and desire fails to deter the soul from its rightful task.

Through discrimination, the mind learns to select the good, the beautiful and the true, and to substitute these for the sense of "identification with the personality," which is so characteristic of the majority of men.

These three attitudes, when correctly and sanely held, will organise the personality, bring in the rule of wisdom, and prepare the disciple for initiation. ¹

Glossary

Buddha

A Buddha is one who is enlightened, and has attained the highest degree of knowledge and wisdom possible for man in this solar system. The term is commonly applied to Gautama Buddha, born in India about five hundred years before Christ.

Discipleship

Discipleship denotes a stage of the path of spiritual evolution, where an individual has made a connection with the Soul and who has pledged his life to fostering the spiritual advancement of others. He takes responsibility to facilitate the emergence of right human relations and Brotherhood, in service of the Plan, which is the blueprint for the evolution and betterment of all lives upon the planet Earth.

Divine Plan

The Plan is the blueprint for the unfoldment of consciousness, spiritual evolution, and the upliftment of all beings inhabiting planet Earth. It is formulated by the Elders of our race, who are the Masters of the Wisdom, and is carried out by them and their affiliated workers.

Individualization

The process of implanting self-consciousness or the "spark of mind" into the human being is known as individualization. Prior to that happening, we were governed by animal instincts and did not have the capacity to think individually. From that time forward, every human being has had a Solar Angel overshadowing him/her; expressions of Soul Consciousness are experiences of the Solar Angel – mere fragments of this divine being at first, but with ever-greater "soul-fullness" as we progress on the spiritual path.

Monad

It is the Life essence, our essential identity. It uses the Soul to express its being-ness.

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

¹ Alice Bailey, Externalisation of the Hierarchy, p412

soul impulse, is a technique of group development, and shows our ability to understand and cooperate with the Divine Plan.

Solar Angel

The Solar Angel is a great life who has built the causal body, and who has extended a part of itself into it. It is a great Being of divine consciousness that makes us whole by uniting the spirit and matter aspects of our constitution. The Solar Angel builds the causal body out of its own divine substance and the substance of the higher mental plane. Having built it, it extends a fragment of itself (an emanation of itself) to take residence within it until the human being whom the Angel supervises has completed its evolution within the human kingdom.. An aspect of the Solar Angel therefore resides within a body of consciousness (the causal body) on the higher levels of the mental plane. The true and higher center of the Solar Angel's consciousness is on the buddhic plane.

MEDITATION THEME – "RULES OF THE ROAD, STANZA 2"

This month we focus on Stanza 2. Stanza 1 told us that the Road is filled with Light, in Stanza 2 we are told to stand and face the truth about ourselves. Say the whole stanza, then, meditate upon each segment for a week, answering the questions and any others that should arise.

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.

Rules of the Road and Florence Nightingale (2)

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.



Nightingale receiving the Wounded at Scutari, by Jerry Barrett (from Wikipedia)

Disregarded and disparaged by the doctors, Nightingale pressed forward with her convictions, making her rounds at night, carrying the lamp that epitomized her cause; for her, there was no turning back, so she proceeded despite the shakiness in her road.

MEDITATION

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

The meditative skill in focus this month, remains on "the ability to enter into greater soul consciousness". Every time we meditate successfully using an esoteric method, this is achieved. A little more light enters our consciousness and a little more wisdom.

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.

The Rules of the Road - 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.**

Week 1: Upon the Road the hidden stands revealed. Each sees and knows the villainy of each.

- Since you stepped onto the Path of Spiritual Development, are there "hidden" traits that you have brought into the light, characteristics needing transmutation because of their negative effect on your life? Please describe the process, how this has benefitted your life and the life of those you contact?
- Do you recognize the "villainy" of those you contact? If so, what is your response to that recognition? Is your response the *correct* response?

Week 2: And yet there is, with that great revelation, no turning back, no spurning of each other, no shakiness upon the Road.

- How easy or difficult is it for you to keep moving firmly towards your important life goals and spiritual goals, when faced with challenging revelations and obstacles?
- When you recognize the villainy within yourself or others what, in general, is your first response? Why is this your first response? Is this response as it should be?

Week 3: The Road goes forward into day.

- How would you interpret this statement for your own forward progress, and in relation to the two previous sentences?

Week 4: [The whole of stanza 2]

- Are there individuals or groups in your life that you have spurned because of their perceived "villainy"? If so, how do you reconcile such behavior with the given instruction? How easy is it for you to forgive? What additional work on yourself is required to bring yourself more into line with this rule?

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. Practise forgiveness and acceptance of all men and women -- not acceptance of evil actions, but understanding and compassion because even wrong-doers are souls, temporarily blinded by ignorance.

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 #7

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 2? What important instruction does it give?**
3. **Relating Stanza 2 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 than that.

6. **Describe your understanding of the Soul and its various components.**
7. **What do you consider to be the most important aspect about a Disciple?**
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.**