

## OVERVIEW - MEDITATION QUEST - MODULE 7

### MQ-7: RULES OF THE ROAD Stanza 2

We continue the journey of the RULES OF THE ROAD, stanza 2 that begins with the words: "Upon the Road the hidden stands revealed..."transparency" is an essential rule. So is "acceptance".. we are instructed that there is " no turning back, no spurning of each other".



### Skill to Learn - Enter into Soul Consciousness (2)

The Study section focuses on the student's ability to enter soul-consciousness. There are two papers - the Solar Angel and the Path of Discipleship.

## MEDITATION 7: STUDY PAPER #1

# THE SOLAR ANGEL

*Previous Meditation Quest lessons began the exploration of the Soul and the Path. You may find it useful to review them prior to reading this paper. Specifically, see the following papers: Meditation 6 - Personality and Soul Consciousness, Meditation 6 - Constitution of Man.*

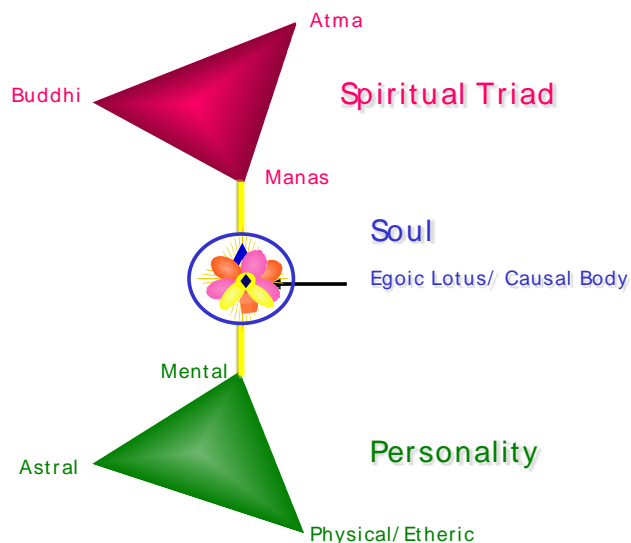
### THE SOLAR ANGEL

In this paper we will continue our study of the soul aspect and of the relationship between soul and personality. We will also consider that center of energy and consciousness within the Constitution of Man which is located on the higher mental plane which is referred to as “the Soul”

So far in your study papers we have described the Soul as follows:

Our Soul is called by several different names, including the “Causal Body” and the “Egoic Lotus”. Really, the causal body and the egoic lotus are *vehicles* of that center of energy and consciousness we call “the Soul”. The Soul is our Higher Self (though not our Highest Self—the Monad) and our goal is to connect with it through meditation and selfless service to others, in order to realize our higher potential as human beings. Our Soul is magnetic and draws/pulls our lower worldly self upwards towards the spiritual dimensions, away from the material world. As a center of higher consciousness, it provides a sense of relatedness, inclusiveness, expansion and freedom. It is a center of illumination that uplifts our lower self and leads us upon our spiritual journey.

### The Human Constitution



Now we are going to expand your understanding of this definition by introducing you to the concept of the “Solar Angel”.

As we have seen in the study paper on the human constitution, we possess a causal body that is located in the upper sub-planes of the mental plane, about midway between the personality and the spiritual triad.

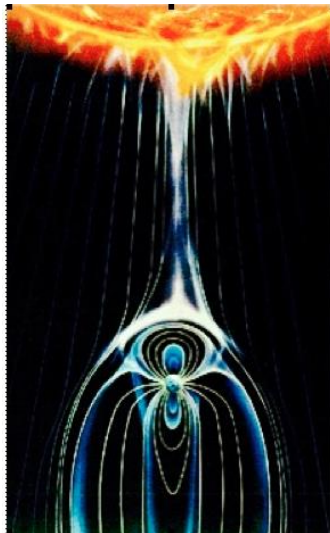
Although sometimes it is designated as being the Soul, in reality, this causal body/egoic lotus is the *body*, the form that houses the soul. So who is this Soul who inhabits the causal body? In one way, it is our own monadic consciousness projected ‘downwards’ onto the higher mental plane. In another way, and from a very esoteric perspective, it is the Solar Angel. The Solar Angel is a great life who has built the causal body, and who has projected a part of its energy and consciousness into that causal body. The Solar Angel (a great Being who was once a human being in a previous solar system) is an Entity possessing a divine consciousness which pervades the consciousness of our own Higher Self on the higher mental plane. This pervasion of our own *soul consciousness* by the Solar Angel makes us more whole by uniting the Spirit and matter aspects of our constitution. The following is true of the Solar Angel in relation to the Higher Self of the human being: “Having pervaded this entire universe with a fragment of myself, I remain.”

The Solar Angel builds the causal body out of its own divine substance and having built it, projects a stream of its consciousness into that causal body, indwelling the causal body, as it were. A part or stream of the Solar Angel therefore resides within a body of consciousness on the higher levels of the mental plane. The Solar Angel truly *ensouls* the causal body with a fragment of itself.. The presence of the Solar Angel promotes the growing of human intelligence, love and will which evolves through the causal body or egoic lotus.

**This combination of Solar Angel and man’s monadic presence as the central fire of the causal body is what is commonly referred to as “the Soul”.**

The Solar Angel emanates from the Soul and heart of our Solar Logos, (the life that ensouls our Sun) the fiery Solar Being who gives us life; hence its name: the *Solar Angel*.

*Below is a scientist’s conception of the energy patterns of solar flares:*



**Solar Angel emanates from the Soul and heart of our Solar Logos.**

In other words, the Solar Angel is a radiant angelic being who carries the soul nature of the Solar Logos into our being through its projected presence in our egoic lotus. In a way, once we attain soul consciousness, a portion of solar angelic consciousness becomes our consciousness. They, the Solar Angels, have “inserted” themselves or an *aspect* of themselves into our energy system so that we may become truly conscious *through* their consciousness. Although the Angel shares its essence with man, eventually it returns to its origin when man-the-initiate achieves alignment with the requisite infusion by his Spirit or Monad.



The painting above is Francis Donald’s imaginary depiction of the Solar Angel. The Solar Angel’s magnificence cannot be truly described using our limited words and artistic representations, but nevertheless they inspire us to imagine the beauty and power of this great Life. The illustration shows the energetic relationships between the individual at the bottom, the Angel in the middle, and the highest point of light, the Monad, at the top. Such images are truly evocative and serve as points of inspiration from which we can let our imagination soar.

We have discussed already that there are many hierarchies in our environment and we have described the Spiritual Hierarchy which supervises humanity. Now we are discussing another group of beings who belong to another hierarchy, the Angelic Hierarchy. Angels, Principalities, Archangels, Powers, Virtues, Dominions, Thrones, Cherubim and Seraphim, etc., are all classes of angels within the Angelic Hierarchy. Solar Angels are very highly evolved Beings who belong to this Angelic Hierarchy. Not all angels have been human beings in previous cycles of incarnation: Solar Angels have been human beings.

## The Sacrifice of Solar Angels

During this particular planetary cycle, Solar Angels made a great sacrifice to abide with humanity for the whole duration of its evolution from animal-man to initiate. During all these lifetimes, the Solar Angel has remained with us, and waited attentively for lifetimes upon lifetimes until we showed signs that we were ready for contact.

At the time when Solar Angels became involved with humanity, we were governed by animal instincts and did not have the capacity to think individually. We were, in fact, “animal-man”. The gift we received from the Solar Angels is the gift of self-consciousness. We are told in the esoteric teachings that great Solar Angels began their participation with animal on our Earth-globe some twenty-one million years ago. The process they understood at that period of time –

implanting self-consciousness or the “spark of mind” into the human being – is known as *individualization*. From that time forward, every human being (with a few exceptions among the most primitive groupings of human beings) has had a Solar Angel overshadowing him/her. All aspects of a soulful experience that we described in the paper *Soul Consciousness* are our experiences of the energy and consciousness of the Solar Angel – tiny glimpses of the nature of this divine Being at first, but developing into ever-greater “soul-fullness” as we progress on the Spiritual Path. We establish greater contact through the bridge that we build from the personality to the egoic lotus, which is the container of the solar angelic presence within our constitution. Through concerted effort by the disciple, the higher “bridge” (the antahkarana) is built between man’s lower mind and the Spiritual Triad with the cooperation of the Soul. All through this process, the Solar Angel fans the egoic lotus into greater radiance, beauty and vitality. (The egoic lotus is the subject of a study paper in Meditation 8).

Solar Angels are referred to as “Hearts of Fiery Love” and bring the fiery love of the Solar Logos to us. They immerse themselves in the “coldness” of the mental plane and from there they control our psychological and spiritual unfoldment. Solar Angels therefore enter the human energy system and *become a part of it*. At first the soul body is ‘empty’ – devoid of quality. Man’s *higher* intelligence, love and will do not yet exist as faculties within the causal body. But through many lives, and with the guidance of the Solar Angel, man unfolds his latent monadic powers of intelligence, love, wisdom and sacrificial will and the egoic lotus unfolds.

The Solar Angel’s principal point of attachment to the human individual is the causal body, though there is also an anchorage in the mental unit and the human brain.

For millions of years the lower self is unaware of the Solar Angel’s existence. For its part, the Angel waits for the first stirring of awareness on the part of the lower self, which occurs once a certain amount of personality integration has been achieved. At that point the Solar Angel’s attention becomes directed towards the personality and starts to actively participate in its spiritual development. Together, the Solar Angel/Soul and personality collaborate, but it must be the personality that initiates this collaboration. The Solar Angel responds (becoming a “downward gazing Soul”) when the personality signals that it is ready to re-orient itself from the material world towards the great presence and spiritual world of the Solar Angel.

Every personality is intended to be an expression of a Solar Angel, and is consequently linked to every other Solar Angel in the Kingdom of Souls. Therefore, all personalities are linked not only to their own Solar Angels, but, in some subtle way, to *all* Solar Angels.



### The Relationship between the Solar Angel and the Personality:

#### **Redemption and Collaboration**

It is important to note that the work of the Solar Angels, from their point of view, is not only the evolution of man, but the evolution of the lesser lives that constitute our personality vehicles – the etheric, astral and mental lives. The Solar Angel is the redeemer of these lesser lives. It raises their vibration so they become capable of receiving and expressing the light, love and will of the Solar Angel. In the end, the evolution of these lesser lives is furthered through having been built into a form for the use of the Solar Angel – i.e., by having been built into the vehicles of our personality. This information about the constitution of the personality explains what we really mean when we say that the personality becomes a fit instrument for soul expression.

Consequently, the greater Life that is the Solar Angel is the saviour of the lesser lives; it is their source of upliftment and eventual transformation. In fact, the Solar Angel is the redeemer of the lesser lives that we know collectively as our personality. This explains why the concept of *soul* is such a central part of all true esoteric teachings – it is the source of purification, illumination, and transformation of our lower nature, as we seek to elevate ourselves and identify with our Higher Self, this great and divine Solar Angel.

The relationship between the Angel and the personality is at first far from harmonious. The strong and willful personality rejects the Solar Angel's attempts for contact and figuratively "turns its back". A seesaw follows this stage where each takes its turn in assuming control. This is a period of intense conflict between the two, a difficult period that lasts many lifetimes. Finally, the personality becomes ready for its act of abnegation, its relinquishment of power to the Solar Angel, the Soul.

The personality in due course collaborates with its redeemer and contributes to the upliftment of the lesser lives of which it is constituted. Our deliberate efforts to purify our vehicles, to bring in the light of the Soul, to transform our vices into virtues – all this spiritual work that we do is an act of cooperation with the Solar Angel in the redemption of the lesser lives.

Over time as we progress on the Spiritual Path, the great light of the Solar Angel dims the light of the lesser lives of the personality, the so-called “lunar light”. Through this contact the fires of the lower lives begin to die and their power begins to diminish. This is the time when the personality becomes subservient to the Solar Angel/ Soul, when it accepts the dominion of that Soul and relinquishes its little will in favor of the greater will of the Angel. When the personality reaches this point of development, the Angel illumines the mind, renders the astral body quiescent and invigorates our physical body. When this reversal has taken place, the Solar Angel’s illumination passes through the purified personality; solar angelic radiation can thus penetrate into the world. The personality is now a fit instrument to cooperate with the Solar Angel and become a beacon of light, love and power, thus, in a way, *becoming* the Solar Angel in expression.

Finally, we human beings will have joined the Community of Souls.

We close this paper with a quote from Master DK:

*“I, who have entered somewhat into an understanding of the life of the solar Angel, seek to assure my fellow pilgrims that the passing things of the senses are but trivial, and of no value compared to the rewards, here and in this life, to the man who seeks to merge his everyday consciousness with that of his own soul. He enters then into the community of souls, and stands not alone. The only lonely periods are the result of wrong orientation and the holding on to that which hides the vision, and fills the hands so full that they cannot grasp what has been called ‘the jewel in the lotus’.”<sup>1</sup>*

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<sup>1</sup> Alice Bailey, A Treatise on White Magic, p 90

## MEDITATION 7: STUDY PAPER

### What is a Disciple?

#### STUDY PAPER TWO: THE STAGE OF DISCIPLESHIP

In meditation five we had an overview of the Path of Probation and the Path of Discipleship. In this lesson we will take a closer look at the stage of discipleship.

##### What is a Disciple?

The dictionary defines a disciple as one who follows a teacher or a doctrine. When speaking of the Spiritual path as understood through these Teachings, we interpret the meaning of *doctrine* as the philosophy of the Ageless Wisdom. The Ageless Wisdom –teaches that the disciple is disciplined in practices that help build a soul-infused personality. In this context, we can include the various practices that the disciple takes to purify and uplift his personality, such as right living, right attitude, right thoughts and actions and harnessing one’s emotional nature, to name but a few. All these practices build greater soul light into the personality.

Addressing ourselves to the disciple as a follower, we can ask the question: who is the teacher, or said differently, whom does the disciple follow? Our esoteric teachings tell us that the disciple follows the “Master in the heart”. The Master is the Soul, and this master is in the heart because soul expresses through the heart center. A disciple then, who follows the master in the heart, is aware of himself as a Soul and follows the wisdom of his own higher-nature. He works in the world as one who directs his soul energy towards manifesting according to Divine Intent. Each of us must learn to be a disciple of the soul residing deep within.

*Discipleship could be defined as the final stage of the path of evolution, and as that period in a man’s experience in which he is definitely self-conscious. It is the stage in which he knowingly pledges himself to impose the will of the soul (which is essentially the will of God) upon the lower nature. Upon this path he submits himself to a forcing process, so that the flower of the soul can unfold more quickly. The inevitability of human perfection underlies his willingness to make the attempt to tread the path. This perfection can be attained in two ways. It can be the result of slow and steady evolutionary growth, carried forward under nature’s laws, cycle after cycle, until gradually the hidden God can be seen in man and in the universe. Or, it can be the result of systematized application and discipline on the part of the aspirant, producing a more rapid unfoldment of the power and life of the soul.<sup>2</sup>*

Character is regarded as the first requirement when a man steps off the Probationary Path on to the Path of Discipleship. But he is still, however, a long way from his goal.

He is occupied with the integration of the personality with the soul. Personality forces that were dominant gradually shift towards soul dominance. When soul pervades and controls the personality, then and only then, is the personality fit to be used as an instrument to express soul. At this level of personality development, the disciple is mentally focused with the mental attention on the soul and soul life. When the disciple's eyes are removed from himself and his functioning in the three worlds is becoming spiritually controlled, he is then faced with becoming a truly mental being, with the focus of his life upon the mental level where it is subject to soul control.

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<sup>2</sup> Alice Bailey, *Labour of Hercules*, p 5



This soul-directed activity is defined as *service* to the Plan, and he who is engaged in this activity we define as a disciple. He becomes a server who is an expression of soul's radiant love and a knower of the Plan. This involves a dual activity; the lower mind becomes a potent factor in directing the service activities of the disciple while the higher mind, which is the bridge to the spiritual triad, continues impressing the lower mind. These activities become the major motivating potency in the disciple's life and are a consequence of a growing soul fusion with the personality, thus developing and unfolding his sense of inclusiveness. Inclusiveness is the supreme key to the understanding of consciousness. Inclusiveness, magnetism and attractive power are just some the qualities of the soul.

A disciple realizes his responsibility to others, cooperating with them to expand their consciousness and to teach them the difference between the real (the soul) and the unreal (the form/personality life). This he does most easily by a demonstration. He lives by example.

**Chart: differences between Path of Probation and Discipleship.**

	Path of Probation	Path of Discipleship
Dominant forces	Physical, astral and lower mental forces dominant	Personality forces dominant, gradually shifting to soul dominance
Goal	Personality Integration Coordinating personality forces among themselves Physical productivity; efficient physical plane life	Soul/personality Infusion Establishment of relationship between the integrated personality and the soul Occult productivity; service Personality acquiesces (dynamic, positive acceptance) to the process of soul-infusion
Focus	Man's lower nature - physical, astral and lower mental vehicles Pull of soul upon lower forces to cause personality integration Focus on self--who am I	Man's personality Pull of soul upon integrated personality Focus on self as part of group (family, friends, ever larger groups)
Work to be done	Path/science of Purification Character building: major faults eliminated; major virtues developed; right motive achieved Achieve soul contact; bring personality under control of Soul through purification, alignment and meditation Re-orientation --from world to Soul	Path/science of Illumination Character building continues, intensified by radiant light of Soul Soul/Spirit, contact through alignment and meditation; fire of divine will added to divine love Accepted/Accepting disciple - acceptance that life is to be ruled by higher Self / higher will

As a form of service to the Plan and to humanity, the disciple finds himself in various organizations throughout the world and along with other disciples he assumes the responsibility of directing energy for the greater good. "A disciple is one who is beginning to comprehend group work, and to change his center of activity from himself to the group center."

*A disciple, we are told is one who above all else, is pledged to do three things:*

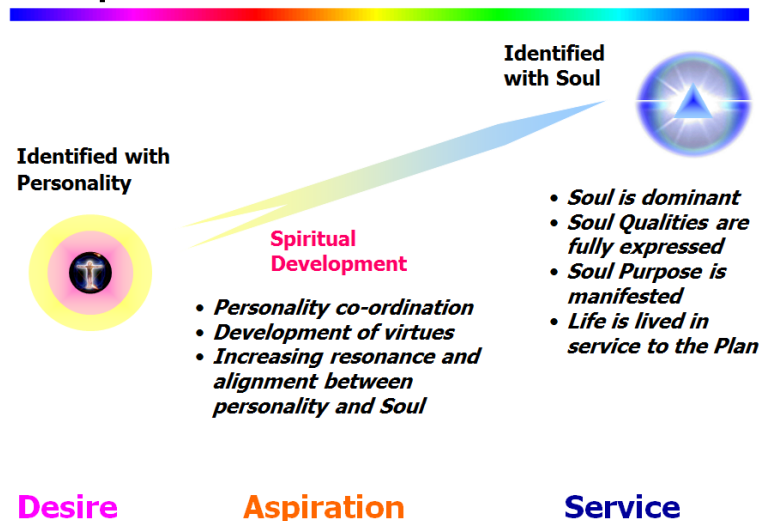
- a. *to serve humanity*
- b. *to co-operate with the Plan of the Great Ones as he sees it and as best he may*
- c. *to develop the powers of the Ego [the soul], to expand his consciousness until he can function on the three planes in the three worlds [physical, emotional and mental], and in the causal body [soul], and to follow the guidance of the higher self and not the dictates of his three-fold lower manifestation [the personality]."*<sup>3</sup>

For aeons of time the personality gains in intelligence moving from instinct to intellect. All this is as a result of experiences and living in the three worlds of men (physical, emotional and mental worlds). Once those experiences have led to an integrated and coordinated personality where the aspirant works on building character and changing vices to virtues, he finds himself on the Probationary Path. As soul begins to influence the life infusing more and more soul qualities into the personality, the aspirant is then considered to be on the Path of Discipleship.

Soul is the intermediary between the monad, which is his spirit self and the personality. As soul infusion proceeds the disciple gets promptings of will and purpose and begins to sense the energy of the Monad, which is the center of divine will within himself.

He becomes aware of this Divine Will and he orients his life towards manifesting this divine purpose. This is quite an advanced stage on the spiritual path.

## The Spiritual Path



<sup>3</sup> Alice Bailey, Initiation, Human and Solar, p 71-81

**Summary:**

A disciple then is a follower of lofty love and spiritual wisdom, as they flower within the depths of the heart and the recesses of the higher mind. Treading the Spiritual Path is part of the Plan – part of our spiritual progress, and applying the various disciplines along the way, “*produces a more rapid unfoldment of the power and life of the soul*”.

**MEDITATION 7**

**RULES OF THE ROAD (2)**

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. <sup>4</sup>

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

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<sup>4</sup> Alice Bailey, Externalisation of the Hierarchy, p412

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 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.**