

MEDITATION 9

RULES OF THE ROAD (4)

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SKILL TO LEARN - ABILITY TO VISUALISE CREATIVELY

In the accompanying study material, you will learn more about

- Visualization, the science of
- Simple introduction to the 7Rays, their colours and qualities

Glossary

Macrocosm

A microcosm is a small universe, like a human being. It is usually contrasted with a macrocosm, a large body of manifestation, like a universe, in which the microcosms live. It presents the small picture (the microcosm) and the big picture (the macrocosm).

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The Seven Rays

The Seven Rays are a unified emanation from a Cosmic Logos that then differentiates into seven streams of energy, entering our solar system and conditioning all life within it. Each ray has unique properties. Ray One is Will, Power, Ray Two is Love-Wisdom, Ray Three is Active Intelligence, Ray Four is Harmony through Conflict, Ray Five is Science and Concrete Knowledge, Ray Six is Devotion and Idealism, and Ray Seven is Order and Ceremonial Magic.

Previously introduced terms reiterated for this lesson

Astral Body

The Astral Body is also referred to as the Emotional Body and is made up of our desires and feelings -- fears, happiness, hopes, sensitivities, hot buttons, anxieties, compulsions, attachments, and being in love.

One Life

The One Life breathes out or differentiates into seven streams of energies known as the Seven Rays. They provide the entire field of expression for the manifested Deity. These Seven Rays express themselves as qualities such as love, devotion or beauty. Each ray has its own note, sound, colour and vibration.

Buddhic Plane

The Buddhic Plane is the plane of intuition and universal love. Buddhi is an energy that is part of the higher spiritual dimensions within our constitution, along with spiritual will (Atma) and spiritual intelligence (Manas).

Mental Body

The Mental Body is our thinking faculty, our instrument to process information, organize material (logical, sequential, circuitous, flexible, divergent), and also the seat of our visualization and imaginative capabilities. The Mental Body has two components, the lower (concrete) and the higher (abstract) minds.

MEDITATION THEME – "RULES OF THE ROAD, STANZA 4"

We continue our study of The Rules of the Road with Stanza 4. Say the whole stanza first, then meditate upon the given segment, answering the questions and any others that should arise. Continue the focus this month (visualising creatively) by building colourful images of the meditation theme.

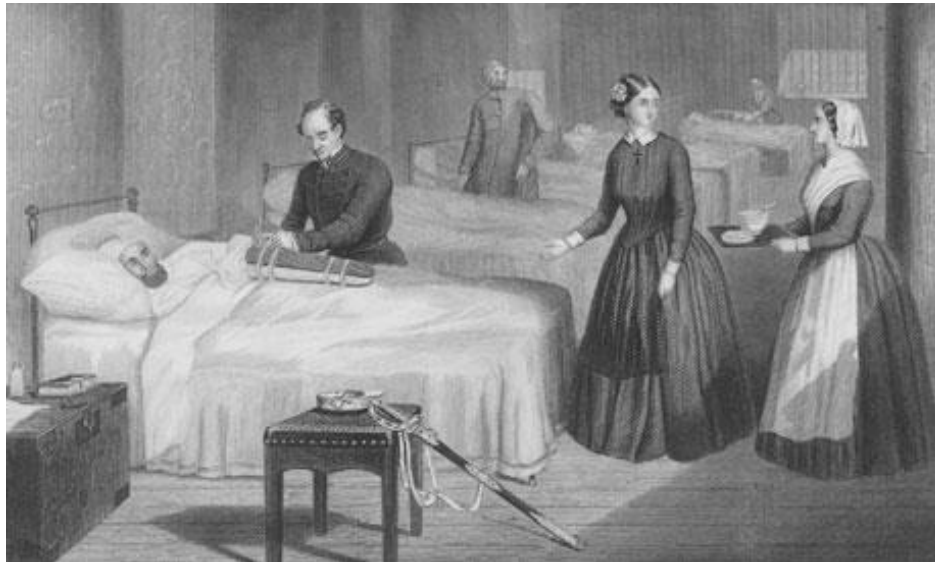
Stanza 1. The Road is trodden in the full light of day, thrown upon the Path by Those Who know and lead. Naught can then be hidden, and at each turn upon that Road a man must face himself.

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.

Rules of the Road and Florence Nightingale (4)

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.



Florence Nightingale in a hospital at Scutari during the Crimean war. When she returned she was aghast to find she was a celebrity through newspaper accounts and sentimental engravings. Photograph: Rischgitz/Getty Images

Nightingale aided people in any way she could. Not only did she minister to the wounded, she also wrote letters for soldiers to their families, and notified families when soldiers died. She set up food kitchens and reading rooms with books and coffee for wounded and ill soldiers at a time when only bars and lounges were available to them.

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

Visualisation exercise on the Gayatri:

The meditative skill in focus this month, is the ability to meditate creatively. This is easier for those who have right-brain, visual type minds. To create with our minds, is the first step to creating reality. If we persist in our visualisation over an extended period, that which we "see" will manifest in time and space. To help your development in this area, this visualisation exercise has been added. You may choose to stagger the creative exercise with meditation, doing them on alternate days. If so, ensure you end with the "lower interlude" and "distribution".



- See yourself standing on the seashore just before dawn - the air and sea are still. You look expectantly at the horizon, waiting for the emergence of the Sun. Light increases..
- Then, the topmost part of the solar circle breaks the horizon and light bursts forth, with rays of gold. Recognising that this is the earthly aspect of the Almighty, you say reverently (silently or aloud):

1. Oh Thou, Who givest sustenance to the universe.

Open your mind and heart in salutation as gradually the Sun continues to rise, shining forth in a burst of golden molten light..

2. From Whom all things proceed, to Whom all things return,

You imagine the sweep of life as it emerges from, then returns to, the Sun (Deity).

3. Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light. That I may know the truth ..

See yourself as enlightened and wise.

4. And do my whole duty

See yourself radiating love and light to all beings on Earth.

5. As I journey to Thy sacred feet.

See yourself walking towards the Sun-God, or - towards your Master.

Sound the **OM** as you bring the exercise to a close.



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.

The Rules of the Road - 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.**

Week 1: Three things the Pilgrim must avoid. The wearing of a hood, a veil which hides his face from others;

- Referring to "three things" to be avoided: on reading the mantram, to what, in general, do you think they refer? Offer your interpretation.
- Do you think they could be referring to negatives associated with the mind, emotions and physical body? If so, why?
- Do you sometimes "veil" your thoughts from others, and if so, for what reason? Do you think that now is the time to take off the hood, to drop the veil somewhat? If yes, why? How would you go about doing this?

Week 2: (The Pilgrim must avoid) carrying a water pot which only holds enough for his own wants;

- A generous heart and compassionate spirit are required as we travel with others. Can you think of a time you were a recipient of such generosity or kindness, and the effect it had on your life? Are you similarly generous with others? If so, what effect does it have?

Week 3: (The Pilgrim must avoid) the shouldering of a staff without a crook to hold.

- What do you think this statements means for you and your inner developmental work?

Week 4: [The whole of stanza 4]

- What special message in this stanza, do you think is relevant for you now, as you travel the Road?

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. Endeavour to be less selfish, express generosity of 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 #9

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 did you find the visualisation exercise on the Gayatri? Any special moments?
3. How would you summarize the Rules of the Road - Stanza 4? What important instruction does it give us?
4. Relating Stanza 4 to yourself, what insights did you gain about your own personal journey?
5. The Full Moon Meditation: did you do this meditation? If so, do you have any insights or thoughts to share about this meditation experience?
6. 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.

7. What are the steps in the creative visualization process?
8. Why is the imagination important in visualization?
9. 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.