

## OVERVIEW - MEDITATION QUEST - MODULE 9

### **MQ-9: RULES OF THE ROAD Stanza 4**

This meditation concentrates on Stanza Four that begins with the words:“Three things the Pilgrim must avoid...”This important stanza alerts the pilgrim to the need for inclusiveness and sharing. Selfish and separateness are dangerous habits that could see the student veer off onto the Left Hand Path.



### **Skill to Learn - Creative Visualisation**

The Study section introduces the student to the process of training the mind to visualize creatively and bring those visions into outward manifestation. To this end, the meditation begins with a visualisation exercise on the rising sun.

## MEDITATION 9: STUDY PAPER 1

# CREATIVE VISUALISATION

### Introduction to Creative Visualisation



*“The secret of all true meditation work in its earlier stages is the power to visualise. This is the first stage to be mastered. Disciples should lay the emphasis upon this process; in it lies eventually the ability to use the creative powers of the imagination, plus mental energy, as a measure to further the ends of the Hierarchy and to carry out the Divine Plan. All the new processes in meditation techniques (for which the New Age may be responsible) must and will embody visualisation as a primary step.”<sup>1</sup>*

#### Use of the Imagination—Creative Visualisation—to Create the Ideal<sup>2</sup>

There are many ways in which we use creative visualization, and many reasons for doing so. From something as ordinary as visualizing the new curtains we want to revitalize a room, to preparing a major art project. Visualization, imagination and will are three very potent factors in all creative processes, as they are the inner causes for many of the outer manifestations we see in the world. Someone envisioned an ideal and then worked to create it.

*“Visualisation and the creative imagination are related.”<sup>3</sup>*

*“Visualisation is in reality the etheric externalisation of the creative imagination.”<sup>4</sup>*

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<sup>1</sup> Alice A. Bailey, *Discipleship in the New Age, Volume I*, p 89

<sup>2</sup> Paraphrased from Alice A. Bailey, *From Intellect to Intuition*, p 223-225

<sup>3</sup> Alice A. Bailey, *Discipleship in the New Age, Volume I*, p 116

<sup>4</sup> Alice A. Bailey, *Esoteric Healing*, p 104

At the beginning, visualization is mostly a matter of experimental faith. We know that through the reasoning process of the mind we can arrive at an understanding that will help us create the pattern we want to make that will develop our ideal vision into an object in the outer world—the physical plane manifestation of it. Through meditation, the practice of visualization and imagination, coupled with our will to make it happen, we can bring this a step further and add the key component that makes this a manifestation of our soul. During meditation we start by looking inward and imagining that we see our lower threefold vehicles, then picture them aligned and integrated with the personality, and in direct communication with the soul.

When we visualize in concert with meditation, we use our highest conception of what that Ideal might be, clothed in some sort of material, usually mental because we are not yet in a position to be able to conceive of higher forms or types of substance with which to develop our images. When we create this mental picture, the mental substance of our mind sets up a certain rate of vibration and resonance which gives our idea life.

This process goes on, whether we are as yet able to see it with the mental eye or not. It's enough to just be thinking about it, forming the idea, expanding on it mentally.

*“The creative imagination ‘pictures a form’ through the ability to visualise and the thought energy of the mind gives life and direction to this form.”<sup>5</sup>*



It's helpful to some people to picture the three lower bodies as being linked with a radiant body of light, or they visualize three centres of vibrating energy receiving stimulation from a higher and more powerful centre. Other people imagine the soul as a triangle of force linked to the triangle

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<sup>5</sup> Alice A. Bailey, *Discipleship in the New Age, Volume I*, p 91

of the lower nature. Still others prefer to preserve the thought of a unified personality, linked to and hiding within itself the indwelling Divinity in us, the soul. It is relatively immaterial what imagery we choose, provided that we start with the basic idea of the lower self, seeking to contact and use the soul as its instrument in the world of human expression. Thus, through the use of the imagination and visualization, the desire body, the emotional nature, is brought into line with the soul.

*“Imagination is the lowest aspect of the intuition.”<sup>6</sup>*

### Astral Sensitivity to Buddhic Perception is the Key

#### **Astral Sensitivity to Buddhic Perception is the Key to Creative Visualization Work**

Visualisation is **literally** the building of a bridge between the astral and mental planes. The astral plane is the second aspect of the three-fold personality, and it is the correspondence to the form-building aspect of the Trinity, the second aspect. This relates the astral plane to the buddhic plane of intuition. The creative imagination “pictures a form” through the ability to visualise and the thought energy of the mind gives life and direction to this form. It embodies purpose. Thereby a resonance or line of energy is constructed between the mind and the astral vehicle and it becomes a triple line of energy when the soul of the disciple is using this creative process in some planned and definitely constructive manner.

*“This visualising process and this use of the imagination form the first two steps in the activity of thoughtform building. It is with these self-created forms—embodying spiritual ideas and divine purpose—that the Masters work and hierarchical purpose takes shape.”<sup>7</sup>*

While the imagination and its faculties are to be found upon the highest level of the astral vehicle, this does not relate to the emotions. Imagination is the lowest aspect of the intuition. Sensitivity, as an expression of the astral body, is the opposite pole to buddhic sensitivity. In other words, the two work together as we first develop imagination, learn discernment concerning it via the mental plane, and that eventually becomes the higher aspect of intuition on the buddhic plane. The greater we develop a responsiveness of our astral vehicles to buddhic impression, the more accurate our plans will be in regard to materializing the creative work of our soul as an outreach of our Master’s Ashram.

We can practice using our imagination, and visualising pictures helps us focus within the head. This process is made more real for us when we use this creative visualization to “act as if.”

*“Act as if the ideal which you have set before yourself was an accomplished fact. This as if behaviour is one of the most occult of practices. It in reality presupposes the imposition of the highest grasped aspiration upon the normal personality in the form of changed behaviour. This injunction is not the same in meaning as the injunction ‘as a man thinketh in his heart, so is he.’ That injunction, if rightly followed, brings about the imposition of mental control upon the personality; it affects the brain, and therefore the two lower vehicles. The as if type of behaviour (for the disciple) brings in a still higher factor than that of thought; it involves the constant attempt to live as if the soul (not the mind but through the mind) is in constant control and the dominating aspect of expression.”<sup>8</sup>*

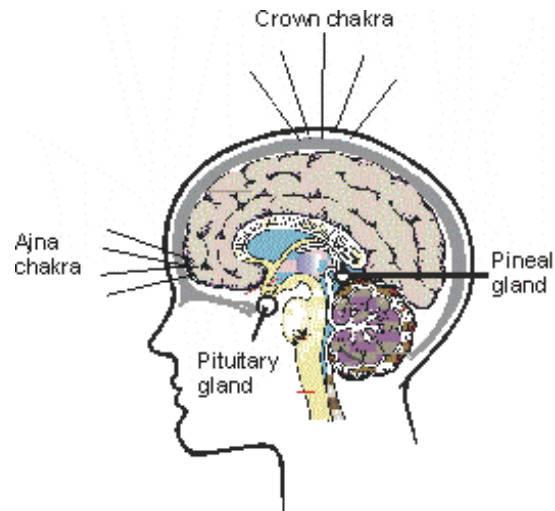
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<sup>6</sup> Alice A. Bailey, *The Rays and the Initiations*, p 488

<sup>7</sup> Alice A. Bailey, *Discipleship in the New Age, Volume I*, p 91

<sup>8</sup> Alice A. Bailey, *Discipleship in the New Age, Volume II*, p 556

## The Visualisation Process Falls into Stages <sup>9</sup>



1. **Energy gathering and focusing:** gather energy within a ring-pass-not in the neighbourhood of the pineal gland.

Visualising pictures will focus the aspirant within the head at a point midway between the pituitary body and the pineal gland. In that area, he draws pictures and paints scenes and thus acquires facility to see—in large and in detail—that which he desires and for which he intends to work.

2. **Distribution or direction:** This energy then is directed with intention, to whatever work is being undertaken. (e.g., world healing, self purification or alignment, etc.)

This process of energy distribution or direction can become a spiritual habit if disciples would begin to do it slowly and gradually. This is one of the most important ways in which a Master works; it is essential, therefore, that you begin to master the technique.

### Visualisation Exercises

This exercise will be easier for some than others - depending upon your energy (ray) constitution. But as we have read this is an important part of developing the inner equipment which will lead us to the mountain top, so give time to the following exercise, and be creative and develop your own.

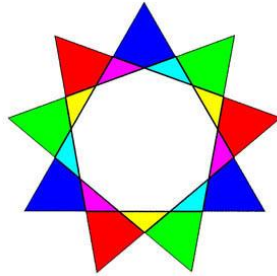
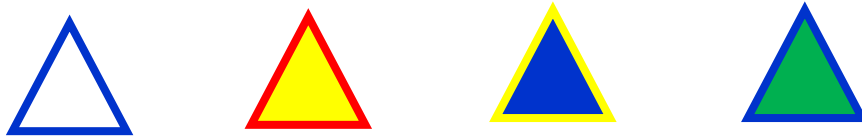
Everyone can visualise. For example, what does your favourite food or flower look like?

1. Please select one of the following images to work with.
2. For a period, gaze at the image, then close your eyes and imaginatively try to visualise this image in your mind's eye.
3. Try to hold the image. Try this several times.

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<sup>9</sup> Alice A. Bailey, *Discipleship in the New Age, Volume I*, p 90

4. Repeat the exercise whenever you have a spare moment.
5. Gradually work through the images.
6. When you feel more confident, then experiment with more complex shapes, such as those given at the bottom of the illustrations.



# MEDITATION 9: STUDY PAPER 2

## THE SEVEN RAYS

### INTRODUCTION TO THE SEVEN RAYS

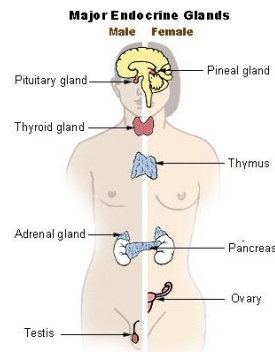
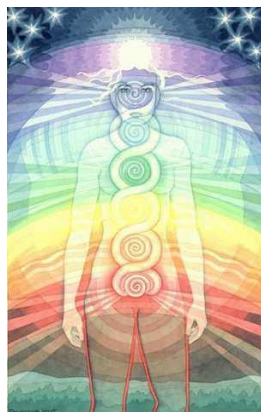
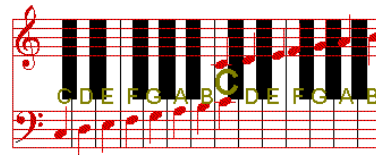
We have referred to the One Life or Deity in previous papers. This One Life breathes out or differentiates into seven streams of energies known as the Seven Rays. They provide the entire field of expression for the manifested Deity. These Seven Rays express themselves as qualities such as love, devotion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

These Seven Rays can be seen in the colours of a rainbow and the seven notes of a musical scale. More examples of the *seven* can be seen in seven days of the week, seven deadly sins, Seven Wonders of the World, seven chakras or glands and seven as a lucky number.



#### The Seven Rays reflected in our world.

- 7 days, 7 musical notes, 7 colours
- 7 major chakras, glands
- 7 wonders of the world
- 7 states of consciousness
- 7 deadly sins



**The names of the rays are very telling of the quality that each ray conveys.**

- Ray One - Will or Power
- Ray Two - Love – Wisdom
- Ray Three - Intelligent Activity
- Ray Four - Harmony through Conflict
- Ray Five - Science and Concrete Knowledge
- Ray Six - Devotion and Idealism

## Ray Seven - Order and Ceremonial Magic

## The Seven Rays



Will or Power

Love-Wisdom

Intelligent Activity

Harmony Through Conflict

Science and Concrete Knowledge

Devotion and Idealism

Order and Ceremonial Magic

The **Seven Rays** are energy streams that condition all of life: from our mundane planet and all its kingdoms of nature (mineral, vegetable, animal, human, and kingdoms beyond, etc.) to the Great Lives in the far reaches of space. These rays radiate to our solar system from the seven major stars of Ursa Major and impact our lives through the medium of astrological constellations and the planets within our solar system.

As Deity manifests at the birth of a new universe, the Seven Rays or Seven Emanations of the One Life come forth. These are the seven Builders, the seven Sources of life, the seven Rishis, or “the Seven Spirits before the Throne of God” as it is written in the Old Testament of the Bible. The Ray Lords in our local cosmo-system are faint reflections of these Ultimate Universal Seven. The Lords or Rays are not *personalities* in the human sense of the word, but are great Cosmic Consciousnesses wielding vast aggregations of force. Of these seven, the first three are the most powerful - carrying as they do the Will, Love and Activity aspects of Deity-God.

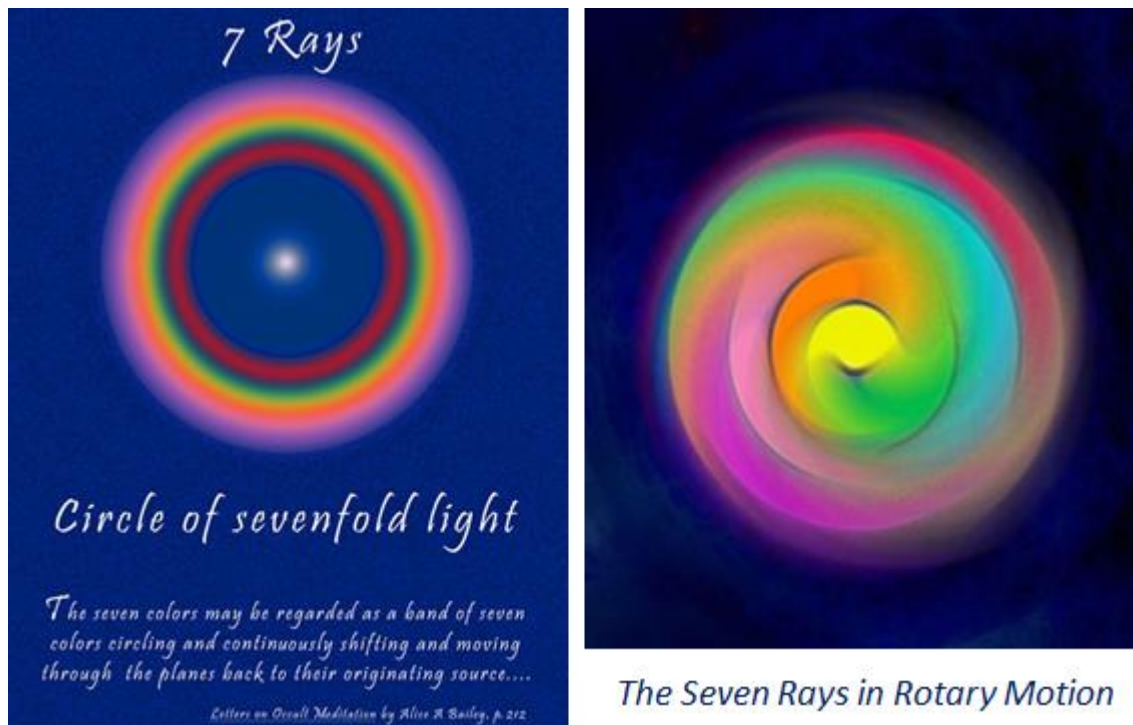
The various levels of Ray Lords enable the Deity Whom they serve to manifest in the universe by building forms or vehicles through which that Deity can express itself. On each and every plane in the universe, forms/bodies are built by each of the rays imparting its own vibration, light, sound, colour and quality.

Through these bodies, the various Kingdoms of Nature found throughout our solar system, manifest. They, in their turn are coloured by the rays which have enabled them to come forth. For example, the Human Kingdom is governed by the Fourth Ray of *Harmony through Conflict*. Humanity experiences the best of life’s lessons through conflict that eventually resolves itself into harmony as we begin to understand a world that is greater than just our own selfish interests. Crisis and conflict is the method that spurs us to resolve issues, to understand the nature of what is happening to us, to expand our consciousness to be able to see the other point of view that enables us to reach harmony.



*The seven rays are embodiments of seven types of force which demonstrate to us the seven qualities of Deity. These seven qualities have consequently a sevenfold effect upon the matter and forms to be found in all parts of the universe, and have also a sevenfold interrelation between themselves.*<sup>10</sup>

While the energies of these rays are always present, for many eons we were too immersed in matter to be consciously receptive to them. But as we move closer on our Path of Return to Spirit, and as our soul strengthens and gains more control over our personality, our physical and spiritual bodies become increasingly conditioned to recognize and receive purer levels of the true, unadulterated energies pouring from the rays to us—via the constellations, our Solar Logos and the planets.



Art by Duane Carpenter

### The Rays expressing through Humanity – the Microcosm

By now, we know that all is energy and energy is neither good nor bad. What conditions the energy is the nature of the substance it moves through. A ray moving through purified substance, for example, will express its quality more purely, while less purified substance will distort or weaken the quality expression of a ray. The energy of a ray passing through a noisy mind will not have the same clarity of expression as it would if it were passing through a clear mind. The same is true of the emotional body. A calm emotional body vs. an angry one will express the energy

<sup>10</sup> Alice A. Bailey, *Esoteric Psychology Volume I*, p 19

differently. The degree of purification and soul influence that has been achieved will reflect the degree of enlightenment and all these factors affect the purity of the ray expressed.

Let us consider the rays as they express through the five vehicles that we, as human beings are working with – the soul, the personality, and the mental, emotional and physical vehicles. If the energy of Ray 1, the ray of Will or Power for instance, flows through a fairly pure personality vehicle, it will express itself as the will or power to carry out one's higher purpose. At a lower turn of the spiral, it can demonstrate as wilfulness or power to carry out selfish ends. The first ray flowing through the mental vehicle can impart a quick and decisive mind, or it can be seen as a mind that likes to think for itself in isolation.

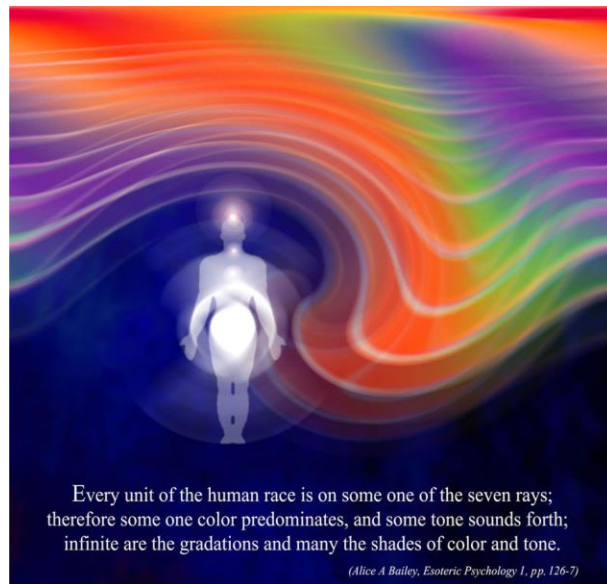
Will and power moving through the emotional vehicle can impart affections that are cool and distant, overly detached or cause them to be volatile or explosive, much like the power being shot out of a volcano. As the first ray moves through a physical/etheric vehicle, it could impart strength and hardiness, or stiffness and tightness, depending on the condition of the matters of the physical nature.

The highest expression of the Ray 2, the Ray of Love-Wisdom flowing through a personality would make it magnetic, inclusive and nurturing. In its lower expression, it could be timid, fearful and have boundary issues. If the second ray of love-wisdom is found on the mental body, it could demonstrate as a receptive and passive mind or a mind that is non-decisive and slow. If the second ray is flowing through the emotional nature, it could convey a calm and sensitive nature or a nature that is over-sensitive and experiences overwhelm. The second ray tends not to govern the physical-etheric nature so there are no examples of how it would flow through it.

The same holds true for all the rays. Each ray can be seen to express through the human being as either a strength or a *weakness*, depending on the "condition", degree of illumination and refinement of the vehicle it is expressing through. All is dependent on the amount of transparency of the vehicles due to soul influence.

Each vehicle can express a different ray. A person could have five different rays expressing through them, one for the soul, the personality, the mind, the emotional body and the physical.

*Art by Duane Carpenter*



## Some Qualities for each of the Rays

### **Ray One: Will, Power**

Strengths: Strength, courage, steadfastness, truthfulness arising from absolute fearlessness, power of ruling, capacity to grasp great questions in a large-minded way, ability to lead and govern.

Weaknesses: Pride, ambition, wilfulness, hardness, arrogance, desire to control others, obstinacy, anger.

### **Ray Two: Love-Wisdom**

Strengths: Calm, strength, patience and endurance, love of truth, faithfulness, intuition, clear intelligence, and serene temper.

Weaknesses: Over-absorption in study, coldness, indifference to others, timidity, overwhelming.

### **Ray Three: Active Intelligence**

Strengths: Wide views on all abstract questions, clear intellect, capacity for concentration on philosophic studies, patience, caution, ability to convey concepts, mental creativity.

Weaknesses: Intellectual pride, coldness, isolation, inaccuracy in details, absent-mindedness, obstinacy, selfishness, over much criticism of others.

### **Ray Four: Harmony through Conflict**

Strengths: Strong affections, sympathy, physical courage, generosity, expressive, quickness of intellect and perception.

Weaknesses: Self-centeredness, worrying, inaccuracy, lack of moral courage, strong passions, indolence, extravagance.

### **Ray Five: Concrete Knowledge, Science**

Strengths: Strictly accurate statements, justice (without mercy), perseverance, common-sense, uprightness, independence, keen intellect, linear thinking, need to know and understand.

Weaknesses: Harsh criticism, narrowness, arrogance, unforgiving temper, lack of sympathy and reverence, prejudice.

### **Ray Six: Devotion and Idealism**

Strengths: Devotion, single-mindedness, love, tenderness, intuition, loyalty, reverence.

Weaknesses: Selfish and jealous love, over-leaning on others, partiality, self-deception, sectarianism, superstition, prejudice, over-rapid conclusions, fiery anger.

### **Ray Seven: Ceremony, Order, Magic**

Strengths: Strength, perseverance, courage, courtesy, extreme care in details, self-reliance, order, structure, perfection of form, conforming.

Weaknesses: Formalism, bigotry, pride, narrowness, superficial judgments, self-opinion over-indulged, too routinized.

In previous lessons, we learned about 'quality'. How does "quality" apply to the rays? Each ray expresses a different quality. As an example of quality, let us consider stepping into an entirely red room and allowing ourselves to feel its energy or quality. We then step into an entirely blue room and experience its quality. The red room is usually experienced as dynamic, alive, and even hot, while the blue room is experienced as calm, cool and peaceful. We can see and sense the different qualities of the different rooms. The same is true for the qualities of the rays. Each one expresses a different energy or quality with its own sound, colour and vibration.

A ray is but a name for a particular force or type of energy, with the emphasis upon the quality, which that force exhibits and not upon the form aspect which it creates. This is a true definition of a ray.

We learned that quality is a soul characteristic that we want to cultivate. In this lesson, we also learn that "quality" is expressed through each ray. Each one of us is a soul expressing a ray. Since rays are also expressed on each of the other vehicles, we need to identify what qualities we are currently exhibiting, and then evaluate how they demonstrate and from which vehicle we express them. Are they qualities that align with the higher expression of the ray, or with its lower expression? By considering how the ray can express in its purest form, we can take that quality into our meditation and see ourselves imbued by its energy or its colour. In our imagination, we see ourselves expressing the purer quality of the ray in our thoughts, feelings or actions. This is how we spiral up the energy from a lower expression to a higher one. This is one way of promoting purification, alignment, and enlightenment, thereby removing distortions and obstacles that hinder soul expression. Knowing the qualities associated with each ray gives us the tools necessary to uplift the energies and transforming them to their higher expressions.

What about resonance? We have already learned that resonance causes harmony. Resonance is the mutual response of two similar parts – similar in vibration and quality. It denotes an affinity, a similarity, a linking of energies "talking together". Think of the two tuning forks: one fork that is sounded causes another fork to start sounding because they are similarly tuned. So they are harmonious to a certain degree, and it is this harmony that causes them to be in resonance. The resultant effect is a harmonious sound. So one element needs to be in tune with the other (in harmony) for resonance to take place. We usually find that we are drawn to people of a similar ray. Like recognizes like and we gravitate toward each other. There is a resonance there. Often groups emerge because of a mutual resonance that attracted one to the other. These groups can be on a personality level or a soul level.

### Summary

Knowing our ray structure or make-up allows us to better know ourselves. To know what the strengths or weaknesses are that make up who we are. We then have a road map to see where we can go and how to get there. The injunction "Know Thyself" is most important in our spiritual journey. One of the best ways, par excellence, is to know our ray structure and then to work with it so that we can be the best that we can be.

## MEDITATION 9

# RULES OF THE ROAD (3)

### 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.**