

MEDITATION: LETTING IN THE LIGHT

I. GROUP FUSION. *We affirm the fact of group fusion and integration within the heart centre of the new group of world servers, mediating between Hierarchy & humanity:*

I am one with my group brothers, & all that I have is theirs
May the love which is in my soul pour forth to them.
May the strength which is in me lift and aid them.
May the thoughts which my soul creates reach and encourage them.

II. ALIGNMENT . *We project a line of lighted energy towards the spiritual Hierarchy of the planet, the planetary heart, the great Ashram of Sanat Kumara; and towards the Christ at the heart of Hierarchy. Extend the line of light towards Shamballa, the centre where the Will of God is known.*

III. HIGHER INTERLUDE. *Hold the contemplative mind open to the extra-planetary energies streaming into Shamballa and radiated through Hierarchy. Using the creative imagination, endeavour to see the three planetary centres—Shamballa, Hierarchy, and Humanity—gradually coming into alignment and interplay.*

IV. MEDITATION. Reflect on the seed thought — **I come forth, and from the plane of mind I rule.**

V. PRECIPITATION. *Using the creative imagination, visualise the energies of Light, Love and the Will-to-Good pouring throughout the planet and becoming anchored on Earth in prepared physical plane centres through which the Plan can manifest. (Use the six-fold progression of divine Love as the sequence of energy precipitation – Shamballa/Hierarchy/the Christ/the new group of world servers/men and women of goodwill everywhere in the world/physical centres of distribution.)*

VI. LOWER INTERLUDE. *Refocus the consciousness, as a group, within the periphery of the great Ashram. Together sound the affirmation:*

In the centre of all Love I stand. From that centre I, the soul, will outward move.
From that centre I, the one who serves, will work. May the love of the divine Self be shed abroad,
in my heart, through my group, and throughout the world.

Visualise the downpouring spiritual inflow released from Shamballa through the Hierarchy and streaming into humanity through the prepared channel. Consider how these inpouring energies are establishing the "Pathway of Light" for the coming World Teacher, the Christ.

VII. DISTRIBUTION. *As the Great Invocation is sounded, visualise the outpouring of Light and Love and Power from the spiritual Hierarchy through the five planetary inlets (London/Darjeeling/New York/Geneva/Tokyo) irradiating the consciousness of the whole human race:*

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.