

SOURCE OF CONSCIOUSNESS

AN EXPERIMENTAL APPROACH



Volume 1

Contemplating

Assn. "Volonté de Bien"

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0. INTRODUCTION

Why?

"Know yourself and you will know the universe and the gods" says the Delphi oracle. Our consciousness is our closest, most precious, instrument; it moves in an unceasing flow enabling us to seize the world. This is a training to go to the source of ourselves, the source of Consciousness. Exercises done regularly lead us to discover what has always been there: our attention is the basis of all observation, listening, contact with the world.

It is more important to change our perception of everyday life than to look for the strange and the sensational. We are sure of what we have ourselves accomplished; writings and witness accounts can give us a wide perspective, it is up to us then to explore, to verify and forge our own personal view.

We shall experiment through exercises which have been gathered, tested, validated by others, but it is our experience which will give them real meaning.

This experimentation will follow a path which has been marked out principally by Alice Bailey, Agni Yoga and Sri Aurobindo; we need to render these theoretical possibilities real or else reject them as unsuitable.

What does this achieve?

What does this discovery of our centre achieve? Firmness, more confidence in ourself, the capacity to overcome difficulties, but also, greater creativity. Contact with the source of consciousness gives us access to creative thinking, to directing it towards people in difficulty, to becoming useful; this will make our life richer, more deep inwardly and we will live more fully with all our faculties.

We sometimes have the impression that we are the playthings of events, of being carried by the current; many writers have written about this feeling that human beings have of a lack, of an incompleteness. By finding our centre, we anchor our deepest self in a rock and moreover this contact with the source of consciousness regenerates us. And so we attract possibilities.

Who is this book for?

This book is for everyone who wants to develop their inner faculties, who is willing to spend a few minutes each day "airing their head and heart". We are relatively aware of the surrounding world, humanity expresses outside what it is inside, it is time to turn towards our inner resources.

Practicing these exercises alone requires discipline, confidence in oneself, confidence in one's capacity to perceive, explore and discover subjective facts, it requires a certain ease in this delicate area. This confidence grows gradually with practice.

Experience shows that one has to have made one's first steps towards subjective reality – either through yoga, or relaxation, sophrology, Zen, Taoist meditation ... - in order to feel free to choose an exercise and to experiment on one's own.

The book will therefore be more meaningful to those who have more experience or who encourage other researchers. It offers a range of reliable exercises and helps enlarge your group's work.

The fundamentals of this book

The intention of this first book is to contact the source of consciousness, the centre of what we feel we are.

Together with experimentation, which is the key of the whole training, this book is based on 3 poles:

PRESENCE CONTACT BEAUTY

The central question seems to be: "How come we are PRESENT to the world?" and not isolated in our obscure little sphere. What are we present to?

The aim is CONTACT with the Source, we are trying to open up a lucid passage, which is more and more clear, towards the centre of Love and knowledge.

In opening up this passage for ourselves, we also enlarge it for others who will find it easier to follow.

BEAUTY guides the choice of exercises, we will choose those exercises or objects to contemplate relative to the Beauty in them which inspires us.

Let us make our life a work of Beauty.

Training and application

Are the following exercises a training? They offer a route, several even, which you can vary as you please. However, these outlines are only useful if you practice them regularly. Training once a month does not develop a faculty. Is not consciousness what is most intimate, most precious in us? If we are comfortable in this exploration, this inner expansion, why not practice it every morning? The day will be enlivened, more beautiful, joyous.

Is it enough to practice every morning? This asks the question of what is the point of training? One can visualize a transparent sun before a delicate meeting, in the corridor, in the lift, to give oneself strength, to become calm, to use this opportunity that life offers us. When there is anger, disappointment, frustration, visualizing the source, or any other exercise, re-establishes poise enabling us to see with greater serenity what we can do. Our inner resources are under-used, the source of consciousness is their origin, the guardian of this depositary.

Practicing in groups

Training will strengthen our confidence in ourselves, but what happens in the beginning, during the first exercise? How can one switch off the telephone and breathe calmly in front of a stone or a flower for 3 minutes, 180 seconds and what for? What can happen that is interesting? Breathe, listen, maintain attention, note what comes. These 3 minutes can be the fullest, the most surprising of the day. So, the first steps are not easy, that is why practicing in groups can be helpful, especially in the beginning

A group allows one to express one's impressions, to feel reassured by the perceptions of others, to listen, to question and also to support other discoverers. A group gives support, it has high moments and, above all, it facilitates active contact. And so it facilitates progress, it is also a focus of social life with its attractions, its advantages but also its traps, power mechanisms, seductions. But social life is not the object of the research and you might be surprised to find the same failings in these groups as in any other group. Social life is a support like our body, but it must not divert us from the aim.

Every being, even a group, has a form of activity, of sensitivity, of understanding, and its qualitative note. The group is therefore a wonderful learning environment in order to learn discernment, both in the most concrete facts as well as in its subtle aspects.

First reference point

It quickly becomes important to distinguish between the SOURCE (Source of attention, Source of consciousness) and the CONTENTS of consciousness: sensations, emotions, thoughts, impressions, etc. This distinction is also known as ENERGY and FORCE. In physics, a force has one direction, an orientation, an intensity and a point of application;

Source of Consciousness

a force is therefore connected to an idea, a value, a movement. An energy is qualified, coloured, it radiates in space, the application made depends on the receiver (and so it becomes a force); the radiation of the sun, the attraction, stimulation, intelligence, attention are examples of energy. This distinction is analogous to the one between action and result, between process or dynamic and product.

Source and content: a source is the place where water gushes forth. Grammatically one refers to a source in the present, gushes or gushing, whereas content is a past participle. We will constantly come across this difference between the past and the ever renewed present. The past is to be studied and enables us to understand the mechanisms, the motives of our actions, the conditions in which the forces are used; this can be called meditation or reflection.

Presence

A few words might help to underline the meaning of Presence which is one of the key words in this training. First of all, presence, in its most ordinary meaning, is linked to the perception of objects in our environment. A simple exercise consists in moving objects in a room; as is stated in an Agni Yoga book, "Observe which baobab-tree noticed the eagle's eye!" Secondly, presence to the world works through our attention and therefore attention is the lever of our understanding of the world as well as of ourselves. That is why the basic exercise consists of being present to an object of beauty. Finally, Presence is the depth of Reality revealed at each stage of expansion of consciousness. It is the direct link with Reality, irrespective of the mental constructions which we might adopt. Presence is therefore "realization of the Infinite, of immortal Existence and of the eternal God", and that is the objective of this training.

Route

One can distinguish several stages on this overall route. Each stage can be revisited as many times as one wishes; one can go very quickly towards the last stages and then return to the first, or linger on the first ones, as one pleases. It is the sense of Beauty that guides us. It is unnecessary to want to go quickly or to force anything, let us allow this source of consciousness to guide us from within.

1/ Contemplation of an object of beauty, of the symbol of this training, of the colour circle. Visualization of the sun, of a plant, of a mountain path, of a sunray.

The tools are concentration and contemplation of outer or imagined objects.

2/ Contemplation of the symbols of the rays, of invented symbols such as of companies. Visualization "We are the source". This already assumes a keen observation of quality, discernment of different perceptions and integration of the source within us (which is called meditation).

3/ Taking off the mask, the conscious Heart and the triple OM are exercises which necessitate going more inwards, towards the without-form, the radiating itself.

4/ The cave in the Heart, perfection in radiating, the five-pointed star, the rotation of the colour circle require more constant reflection and need to be repeated several times. This is clearly meditation on concepts.

5/ The ring of consciences, the fire of the possible, the mountain summit assume confidence already and involve the handling of energies. These exercises are more easily done in groups, particularly the ring of consciences which proposes visualizing the consciousness of other people in the room.

People with a more mystical temperament will appreciate the conscious Heart, the cave in the heart and the fire of the possible. People with a scientific mind, a cool

mental, will observe and note their impressions relative to the illumination symbol and the symbols of the rays. Everyone takes what speaks to them and will discover later on other facets. In this exploration we construct ourselves, it is up to us to follow our own path, this path is already individual in this discovery, service – how to be useful and in what area – will also be individual and it is up to us to follow the inner thread.

Cooperation

Whether you are alone or in a group, you can contact us if you require help. The exercises have been carefully chosen, they have been tested, experienced dozens of times. Maybe subsequently your own experience will lead you to look for and find variations on these exercises. This school of the Self, self-schooling, depends therefore on daily training which requires only a few minutes and can be combined with other movements or spiritual paths.

We would be interested in knowing which exercises “speak” to you the most and to learn of the birth of new groups of “leaders” (in this self-schooling) or experimenters. We would also like to know of other exercises or texts that you are using. The evaluation to be found at the end of this book also invites dialogue, a sharing of the meaning of our experience and an enriching of our mutual presence.

Thanks

This book would never have come into existence without the request, the participation and the contribution of many people. May they all be thanked here.

The author has merely replied to a group need and given form to this route. We are also deeply grateful to all who have guided us, either by advice, their behaviour or by their writings; they have greatly inspired us.

WARNING

Approaching a new field without references, we do not know how to begin. Our present goal is to train and take contact to the source of attention, to radiate consciously and then to be aware of any resulting impression.

- The best guide is a pure and unselfish motivation. Any excessive use or process of forcing with one or another exercise for reaching a goal supposedly spiritual is based on ambition. Such a practice is dangerous and deceiving, for this attitude is strengthening the selfish attitude we'll have to get rid of at the end.
- Energy follows thought.

Attention is in itself an stimulating, it feeds and amplifies the forms, subjects and attitudes upon which it is turned to.

- Whatever is sent out comes back to its source.

However, the sent-out thought-form does not come back as such. Rather, the source-current is emitting on a some frequency upon which the receiver –ourselves- is connected.

For example, we help somebody – let's say to carry a bag. Someone may help us in a difficult situation, this means that we are tuned to mutual help.

Here are some exercises. Now it's up to you.

If you have any questions, comments or propositions, you can contact us at the address given at the end of this book or at: contact.en@spiritualwill.org

1. APPROACH OF PURE CONSCIOUSNESS

DAILY TRAINING

Choose an image of Beauty, such as a stone, an object of art or a reproduction.

In the morning :

Calmly sit facing the object, with the feet flat on the floor, spine straight, shoulders dropped, and neck, jaws, and forehead relaxed.

Be aware of your breathing.

Observe from where your breath comes, and where it goes.

SIMPLY BE PRESENT in front of the object of Beauty.

If the field of vision narrows, if the attention wanders, if the regard becomes fixed, resume contact with your breathing : be there, present and alert; the object of Beauty is also there. Do not bother to look for any result. SIMPLY be present.

5 minutes of this exercise aerates the mind.

At noon :

Go outside. Inhale and exhale deeply 3 times.

Be the sun.

Radiate as the sun.

In the evening before going to sleep :

Simply be present facing the image of Beauty.

Our worries disappear, Present.

Answer the following 4 questions:

-In what substance are we carving our lives?

-What new aspect of matter did I perceive today?

-Where were my thoughts directed? Can I direct them?

-What were my motives?

Then again we are SIMPLY PRESENT facing BEAUTY.

The triple Om

The Sacred Word AUM, pronounced OM, has the effect of purifying our bodies of contact with the 3 worlds (physical, emotional, mental). This effect is produced not only by the physical sound, but more importantly by the intention that it expresses.

The position for meditation

It is better to meditate regularly at the same place (LOM p 61). It is important to sit down in a relaxed way with the spine erect. Two positions can be adopted, one is promoting introversion and receptivity, and the other one vigilance and creative expression.

The first position is to be sitted with crossed legs, the crossed hands laid down on the knees or under the navel, the eyes closed; it is a receptive attitude and a protective one, yet it may ease falling asleep during long periods of silence or in case of tiredness.

The second position is the position of the Egyptian Pharaons, sitted with parallel legs, hands laid down on the knees, eyes open not fixed upon any object; the open eyes might hinder concentration at the beginning, yet help to keep an active mental attitude and it gradually helps to meditate during daily activites.

Singing the Om

The OM helps in purifying the consciousness and in releasing the attention, because it is the creative sound – at least its representation. In singing the OM, the intention is therefore to tune into this basic creative sound, the sound sustaining the consciousness. This intention is the major factor of conscious creation.

The sound OM can be used in the beginning of meditation in order to establish contact with the Self or at the end of meditation for spreading the energy and received ideas.

In the beginning of meditation, the first OM can stabilize the physical body, a second OM (less loud) may quiet the emotional body, and the third OM (more inner) purifies the mental body.

In a group, the first OM is sounded loudly enough, each according its inner tone, the second OM (weaker) is sounded while listening to the other group members, the third OM is silent, sounded inside the head.

At the end of meditation, the 3 OM are usually slightly louder and louder, grounding the benefit of the meditation in the mental body, the emotional body and the physical body.

A group may too sound a continuous OM : each takes again its breath and follows the inner note which seems right for him; the group builds thus a sound cathedral where high and low pitches blend. The harmony of tones expresses the subjective harmony reached during meditation.

Attunement to the source of attention

Choose a position where you can forget your physical body.

Seated, the feet flat on the ground, back straight without being stiff, shoulders, neck, and hands relaxed,

the head simply posed on the spinal column,

eyes may be open or closed, but should not be focussed on any object.

Note whether your breathing is regular, steady, and uniform.

The attention is keen, light, alert.

I turn myself towards the source of attention

I am that source, pure consciousness

I am the author of my project of life.

Sound the OM 3 times; from the depths of this source :

one time gently to purify the mental vehicle
a second time more loudly to stabilize the emotional vehicle
a third time in a still louder tone, acting upon the physical body
OM OM OM

Consciously radiate

After the 3 preliminary OM , direct the attention towards a point of light radiating about 30-40 centimeters (or one foot) above the head.

The radiated light is fine, quick, and transparent.

This radiant light is the energy turned toward the world.

We are the source of pure consciousness.

Make the sun radiate ten times more strongly.

The light of the sun descends gently in the brain and in the chest. Then the light rises towards the radiating source.

Begin again several times until there is total infusion.

Adapted from Alice Bailey
Letters on Occult Meditation (LOM)

Localization of the source of radiation

One can ask oneself whether the recorded perception is only imaginary or if this radiant point is situated at a specific distance above the head. Two methods of measure can be used. When you are doing the exercise on your own, you can put your finger at the height which seems to correspond to your inner perception. Does this height vary? Why? When the exercise is done in a group, a volunteer can sit in front of the others. A participant can then lower his finger along a vertical line, a few inches behind the volunteer's head. The hand goes down progressively from three feet above the top of the head and then rises up to the supposed height. The volunteer and the assistants can then give their impression regarding the accuracy of this evaluation.

2 VISUALISATIONS

These two visualizations are preliminary exercises, they use the capacity of making images without the structuring of thinking or reflection. The imagination will evoke echoes coming from the unconscious. These exercises can therefore be done relaxed lying on one's back, they are a preliminary to lively, alert attention down the right side of the spinal column.

Going up stream

We visualize ourselves in a gently sloping prairie near to which flows a stream. We go up stream. We go through a grove with dense shrubs, but, continuing upwards through the woods, the stream becomes a torrent as the slope becomes steeper. We continue going up and the trees become rarer, they give way to bushes, to heather, grass interspersed with stones. We continue advancing in the heath with more and more stones. Here and there is ice, the land is arid and we spot the summit where there is a Wise man or a Wise woman.

We greet him or her. He tells us to ask him a question.

We formulate our question.

He gives us a word and an object.

We thank him, we retreat and, a bit lower down, on a rock, we reflect on the word that we have received.

Then carefully, we open our present and observe what its use can be.

With strength, with joy, we go down towards the valley, we cross the heath of the high plateaux, we cross the wood, we arrive at last in the prairie and we resume our tasks.

Note:

Each of the elements of the visualization corresponds to a precise fact and an experience: the stream represents life, going up means attaining higher levels of consciousness, the dense shrubs represent confusion, stones plain, cold, shining facts...

Advancing on a sunbeam

We start from the prairie at the edge of which runs a stream. We go up and through the woods with the dense shrubs, up again through the heath, then the stones and we reach the summit.

At the summit, we breathe deeply, opening ourselves to the beauty of the landscape, to the sun in the sky. Breathing this pure air, our body becomes lighter and we advance on a sunbeam.

(Take time to breathe and, at one moment, it will be possible to climb onto the light ray.

We advance on this ray.

We are more and more attracted by this sun, we advance and approach the centre. There in the centre, we turn around.

We are sun lighting the planet.

(Observe in which part of the body is the centre of radiance, what is our sensation).

Go down the length of the sunbeam, towards the summit. There, take the time to inhale, to feel being able to walk, then take the path down through the stones, the heath, the wood to the prairie.

Note: visualization adapted from the book by Martin Muller

AN EXPERIMENTAL PROCEDURE

Experience can give you access to new inner resources, it can stimulate and show the way to an enriching activity. This procedure takes its inspiration from psychosynthesis (founded by Assagioli).

Question: Is consciousness a source of radiation? Do symbols enable us to contact this source and to feel better, in deep attunement with oneself?

Principle: Comparison of 3 experimental procedures based on 3 different symbols. The experience is carried out every day. At the end, the experimenter decides which symbol speaks to him the most, which one has meaning or an effect, and what effect, on him. The object is to construct a database of observations of this procedure.

Basis of the exercise

Take a few minutes each day to do this exercise, preferably in the morning after your shower. It is preferable to always keep to the same time and place, this makes relaxation and concentration easier. (Relative) silence is preferable.

The best moment is after your shower and before reading or exchanging any new ideas; one is in a more receptive state. But it is possible to do the exercise in the evening or at midday, after a period of activity.

It is about being present to oneself. If ideas come, let them go. Listen to the noise in the street, breathe deeply.

Do not expect anything sensational, the most banal facts are the most interesting.

Recommendation: Use one procedure per day, it takes 5 minutes. Change them from time to time.

First procedure: transparent sun

Sit quietly on a seat, backbone straight, relaxed.

Take 3 deep breaths.

Visualize a transparent sun above your head.

Imagine these rays permeating your brain, your head, then your chest, then your whole body.

Become aware of the sensation felt in your body and especially in your head. Note it down on an observation sheet.

End by sending light to those close to you then on the world.

Second procedure: colour circle

Sit quietly on a seat, backbone straight, relaxed.

Take 3 deep breaths.

Look at the colour circle. Imagine making a crystal glass ring whilst moving round the circle.

Observe quietly the white disc in the centre.

Does it shine as brightly as the outer background?

Are you attracted to a particular colour?

What do you feel after going round the circle?

What association of ideas does it provoke?

Can you sing with the circle?

Note your impressions on the observation sheets.

Third procedure: blue circle with three dots in the centre

Sit quietly on a seat, backbone straight, relaxed.

Take 3 deep breaths.

Place the blue circle, with the red dot on top, facing me.

Contemplate the white background for a few seconds. (1 minute)

What does it say to me? Note my state of mind.

Contemplate the green dot. (1 minute)

What does it say to me? Note my state of mind regarding this green spot.

Contemplate the blue dot. (1 minute)

What does it say to me? Note my state of mind regarding this blue spot.

Contemplate the red dot. (1 minute)

What does it say to me? Note my state of mind regarding this red spot.

Contemplate the three dots, red, blue, green, within the blue circle. (1minute)

Note my state of mind. Is there a fusion or a particular impression?

Is the white in the circle as bright as the white on the outside?

What does this exercise give me?

Note my impressions on the observation sheets.

This third experience procedure appears later page 20.

2 Observations sheets

Regularity of the exercise

General observation.

Observations of the procedure used

More precise remarks relative to the procedure used.

Source of Consciousness

OBSERVATION SHEET 1

MONTH:

Day	Date	Grandeur	Procedure			OBSERVATIONS
			1	2	3 .	
	1					
	2					
	3					
	4					
	5					
	6					
	7					
	8					
	9					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
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	21					
	22					
	23					
	24					
	25					
	26					
	27					
	28					
	29					
	30					
	31					

Day: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
 Procedure: tick the column of the procedure used

OBSERVATION SHEET 2

Procedure 1 : Transparent sun

Was the exercise easy today?

Did I have an impression of freshness?

Of transparency?

Of radiance?

Of vitality?

Did I feel better after the exercise?

Can I put a grade from 0 and 10 (or from 0 and 100) in the Grade column?

Did the radiance direct itself "spontaneously" towards certain people? People who are close?

Does it make sense to direct light towards difficulties or certain situations?

What can I note? (generally)

Procedure 2: Colour circle

Was the exercise easy today?

Did I have an impression of freshness? Of clarity?

Of soothing? Of fulfilment?

Was the white disc in the centre as bright as the white background on the outside?

Is there a colour that particularly attracts me?

What do I feel after going round the circle?

In what direction do I rotate?

With which colour does the rotation "naturally" begin?

What does this circle evoke in me? What ideas?

Did I have the impression that I could sing with the circle?

Can I put a grade from 0 to 10 (or from 0 to 100) in the Grade column?

My observations:

Procedure 3: Blue circle with red, blue, green dots

Was the exercise easy today?

Did I have an impression of freshness? Of light?

What was my state of mind regarding the white background?

Are words, impressions, ideas associated with this white background?

What was my state of mind regarding the green dot?

Are words, impressions, ideas associated with this green dot?

What was my state of mind regarding the blue dot?

Are words, impressions, ideas associated with this blue dot?

What was my state of mind regarding the red dot?

Are words, impressions, ideas associated with this red dot?

What was my state of mind regarding the three dots in the centre of the circle?

At the end, is there fusion of the three dots or a particular impression?

Is the white in the circle as bright as the white on the outside?

Can I give a grade from 0 to 10 (or from 0 to 100) in the Grade column?

What has this exercise given me?

Image of Perfection

Called too **THE MASTER IN THE HEART** (see Letters on Occult Meditation p 84)

Imagine a golden closed lotus at the center of the heart.

While sounding the OM, imagine the opening of the lotus revealing an electric blue light.

Build the image of Perfection or the image of the perfect Being.

When the image is entirely built, sound again the OM and transfer the consciousness to the 12 petals in the crown center (a replica of the center of the heart)

A moment of resounding.

See His (or Her or Its) Love, His Will and His Thought outpouring on the task to do.

Then sound 3 OM, the first OM very slight for the mental plane, the second OM slightly louder for the emotional level, the third OM slightly louder for the physical level, in order to ground the perception in the brain.

Shedding the mask

Proposed Practice:

We imagine a center of energy radiating above our heads.
The light descends gently down through the brain, through the chest, then rises slowly.
We align ourselves with other points of consciousness in the room and with the experienced trainees.
This being accomplished, we contemplate what we have been since our birth; in our left hand we make up a ball of our weaknesses, faults, and inherent difficulties, and in our right hand a ball of our qualities, strengths, and capabilities.
When all of our character is divided between these two balls, we place them on the ground.

We become conscious of a mask covering our face:
it is composed of our social identity, family name, first name, sex, age and profession.
All that we are is added to the mask.
We lay the mask on the ground.
Pure conscious Light
Remain inside of the Light for several moments.
The ocean of light illuminates the dark edges of the planet, penetrates and saturates it.
On the planet, the mask is also illuminated, lightened, and subdued.

When we feel that the moment has come, we take back the mask and put it on our face, gently.
Then we take back the two balls. The balls are the fabric of the garment of our comportment which is lighter, finer, and more transparent than before (we also put back on our faults and weaknesses, because they protect us and we must work on them).

We continue until the garment is complete.
We are back here again, and the Light remains always present and accessible.

Adapted from Shambhala, Oasis of Light
by Andrew Tomas

We are the spring

Imagine a limpid spring,
a clear current of water arriving at a calm basin,
from where a singing brook branches off.
We are the spring.
The clear current of water gets us in touch with external reality.

Sometimes a thought or form begins to turn round in the basin.
By a tiny exertion, we come up to the source again.
We are the spring.

This minuscule effort of will is the seed of many achievements. Occasionally debris still
congests the basin.
Then we gather it up and stack it on the bank of the spring to be burned.

This exercise of imagination may help us to look back on the events of our day in
review or to "re-spring" or to refresh us at any moment of the day by chasing away
retained impressions.

The same exercise may be tried by replacing the spring with a source of light which
freely radiates and dissipates shadows and fog.
The light chases away the darkness.

Much later, the Spring may be space and the breath traverses and penetrates the rags
which blow in the wind of the open sea.
For the presence is.

Singing with flowers

Be simply present facing a flower
particularly aware of its hue [1-2 mn]
Breathe calmly, you are present, the flower is present [1-2 mn]
Begin to hum or sing in yourself
Imagine a slight note which sustains the colour

Try with flowers of different colours.
Then compare and make a chord

Notice :

The reader might believe it is very difficult to associate a note to a colour (carried by a
flower); however it is very easy, let us try. The easiest is to begin in front of a flower-
bed. Public squares offer surfaces of flowers of a single colour with -farther- other places
of a different species. Simply, relaxed, what does say to you the white hue of cherry
trees, the yellow of daffodils, the lilac ...

What has the highest tune ? The red, the white, the yellow or the blue ?

Contemplating the symbol of this training

To contemplate an object, we just have to look at it.
"To know a thing one has to be that thing"

The printed colors on the card displaying the symbol cannot give the exact hues and desired luminosity. Thus, if you can visualize, you can imagine on your mental screen a vivid red, a luminous blue, and a green vibrant with activity.



We suggest here a relatively complex integration pattern, it is complex because of the various colours. Each part of the symbol gives place to a stage of "presence" or conscious resonating or contemplation (from 1 to 2 minutes) ended by a short registration of the impressions, sensations, states of mind, inscribed in consciousness.

-
- Be simply present facing the symbol
particularly aware of the white background [1-2 mn]
 - Then be particularly aware of the blue circle
Breathe calmly, we are present, the blue circle is present [1-2 mn]
 - Be particularly aware of the green point [1-2 mn]
Note without dwelling upon the sensations, if any,
perceived in the head and mind
 - Be particularly aware of the blue point
Note also the impressions which may come
 - Be particularly aware of the red point
Note the impression which may come
 - Put the three points back together at the center of the circle
Be present facing the symbol

We have trained ourselves in this way for many years. It has always given us a sense of freshness and light. The conscious inscription is deepening progressively and let discover its source, which you'll can discover in your turn. Eventually, one discovers why it can be called the "emblem of illumination". We'll be happy to learn if you approve this labelling and when you can shunt the symbol in order to go directly the underlying impression

Conscious heart

In the heart, the biological organ (bios= life; logical, logos = principle), we can perceive 2 pulsations: one within the space of the body between its outer periphery and the focus (the heart), and the other between this focus and the universal, Breath.

A simple gesture with the hands permits us to feel and to be permeated by this universal rhythm:

Reception-Space : the hands in front of the shoulders, held at about the center of the chest, palms facing but held apart at a distance of 10 cms. (three inches).

Breath of Fire : the 2 palms move apart a little and then re approach each other, then move in and out, internal pulsation.

Gift, Life : the hands move apart again and gently turn with the palms facing away from the body, in front of the shoulders.

The most concrete element, this gesture of the hands, displays the most abstract element, spirit which is in matter.

Principle of the exercise

In a space, to gather together the elements of such space.

To transmit the essence of what has been gathered to the Breath of Fire

The fire burns the impurities and breathes air into life

The focus brings forth the life which permeates all units

The space grows wider and higher. . .

Proposed practice

Become conscious of our body, precisely, calmly
gather all the energy in the center of the chest
distribute the vital energy to all of the body

Become conscious of the sphere of thoughts
gather them in the center, pure consciousness
the attention springs forth freely, wakes up, presence

Become conscious of all that we are
bring this design to the source of consciousness
the source illumines that which we are

Become conscious of all that we have learned since birth
transmit this past to the focus: the Author of our life
the author illuminates our future route

Become conscious of the city where we are
Transmit this impression to the heart of this place
This focus stimulates the life of the area

Become conscious of all that our country is composed
Imagine the Source of cohesion, the Principle which animates
This Source vitalizes this great organism

Become conscious of all human units, their capabilities

Source of Consciousness

Transmit this perception to that which is essentially human
The heart of Man is the life of humanity

Become conscious of all earthly forms : kingdoms of nature,
countries, cultures,
By a quick and light act of dynamic will,
Transmit them to the focus of Life on Earth
This Life creates all possibilities

Become conscious of the whole solar system
Heart of the Sun
Radiating Joy

Imagine the Galaxy, starting with the closest stars
Center of the Galaxy, Vibrant black hole, Perfection
All of the cells of His entire body sparkle

Picture the entire Cosmos
Essence, Being--Non-Being, Infinity, Fire
The possible reverberates in the galaxies,
vitalizes the Suns, (slowly
creates the planets, (with a pause
animates the beings, (between each line
"lights up" the future
Presence in space, possible, Here and now, (pause
Present, Breath of the possible, our breath.

Perceiving the 7 subjective qualities

Each work is carried out under the protection of the soul, transpersonal consciousness, or the cause of incarnation which measures the radiation which a person may stand.

Everyone who trains himself should verify his perception and his resonance with that of a more experienced student, especially in the beginning and from time to time, in order to avoid any personal detour, illusion or limitation.

The purpose of this exercise is to awaken the perception of subjective qualities, which may be described as color, note, contact, emanation ... This calls upon a mental perception of qualified energy (i.e., specific state of mind).

The method is to tune the consciousness into the quality or ray (of Wisdom comparable to a beam of light) which is being studied,
State of spirit when awakening (before any pondering) informs us about the quality of the day, which is associated to one of the seven qualities (see below).

Another path of approach is to become infused with a carefully chosen symbol, to deepen its meaning in pondering to its number, its usual name, its Word of power and to the reason why these elements have been associated.

A still more consequent procedure is to study with each Ray some of its designations which are giving light upon its quality.
These 7 qualities have been described in the volume 1 of a Treatise on the seven Rays by, Alice A. Bailey. This exercise aims merely to help an energetic approach of it.

Proposed practice:

Become a transparent sun, with a light, fine and penetrating radiation, the source of attention, the self.

Once you are the sun, radiate the symbol, its color, and the chosen quality, sound its Word.

Then refine this perception following the characteristics of the designated ray.

Between two selected qualities, come back to the transparent sun, then at the end, make vibrate together the 2 or 3 studied qualities for improving the contrast.

Note

The exercise may be continued for some months, while choosing one quality of the Ray each day: Monday 7, Tuesday 6, Wednesday 4, Thursday 2, Friday 5, Saturday 3, Sunday 1.

The game is sufficiently varied so that we won't be bored with it.

In any case, one cannot avoid seriously studying Volume 1 of Alice Bailey's *A Treatise on the Seven Rays*. Sooner or later it is necessary to go back to the source.

For a scientific work at the time of the full moon, it is useful to try to perceive the expected quality transmitted by the zodiacal constellation to focus the apparatus which is our mind. The Leader of the exercise should vibrate the expected quality in himself : ie in a dynamic way in tuning to first Ray. His perception will express much quality through his tone., he is truly leading temporarily his fellows.

Source of Consciousness

1. In a dynamic way

Number 1 WILL POWER

On a white background, a red circle with a red point in the center



Motto: "I ASSERT THE FACT"

Some of its names: The Power which touches and withdraws

The Finger of God
The Breath which blasts
The Lightning which annihilates
The Lord of Death
The Great Abstractor
The Most High.

2. By Absorption and Inclusiveness

Number 2 LOVE WISDOM

On a white background, a blue cross with equal arms



Motto: "I SEE THE GREATEST LIGHT"

Its names: The Lord of Eternal Love
The Cosmic Magnet
The Radiance in the Form
The Master Builder
The Great Geometrician
The Cosmic Christ
The Displayer of Glory

Source of Consciousness

3. Mental perception follows purpose

Number 3 ACTIVE INTELLIGENCE

On a white background, a green triangle, with its point at the top



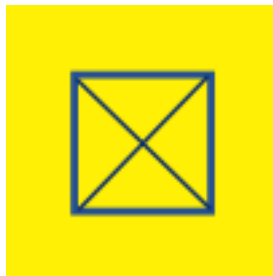
Motto: "PURPOSE ITSELF AM I"

Its name: The Three-sided Triangle
The Universal Mind
The Threefold Wick
The Discriminating Essential Life
The One Who veils and yet reveals
The Illuminator of the Lotus
The Great Architect of the Universe

4. Consciousness intuitively harmonized

Number 4 HARMONY THROUGH CONFLICT

On a yellow background, a square divided by two diagonal lines (which form two pairs of equal triangles facing each other)



Motto: "TWO MERGE WITH ONE"

Its name: The Seed that is the Flower
The Perceiver on the Way
The Hidden One
The Mountain whereon Form dies
The Corrector of the Form
The Hand of God
The Light within the Light

Source of Consciousness

5. Mental conception

Number 5 CONCRETE KNOWLEDGE

On an indigo background, a five-pointed star



Motto: "THREE MINDS UNITE"

Its names : The Revealer of Truth
The Three-fold Thinker
The Dividing Sword
The Winnower of the Chaff
The Precipitator of the Cross
The Rose of God
The Brother from Sirius

6. .Ardently, yet softly

Number 6 DEVOTION or IDEALISM

On a silvery pink background, a cone of light



Motto: "The Highest Light Controls"

Its names : The One Who sees the Right
The Negator of Desire
The Devotee of Life
The Crucifier and the Crucified
The Implacable Ruler
The General on the Path
The Imperishable Flaming One

Source of Consciousness

7 While precisely constructing thought
 Number 7 CEREMONIAL ORDER or MAGIC

On a violet background, an octahedron, or three-dimensional rhombus (diamond-shape) with equal sides



Motto: "THE HIGHEST AND THE LOWEST MEET"

Its names: The Worker in the Magical Art
 The Creator of the Form
 The Temple Guardian
 The Watcher in the East
 The Builder of the Square
 The Expression of the Will
 The Revealer of Beauty

More about:

Study the Treatise on the seven Rays, volume 1, by Alice Bailey
 Specially the pages 43 to 53 and 62 to 89
 One may also download the chapter "to Develop one's qualities" on the website
www.qualitecouleur.com
 However these nuances of vibration are learned through experiment

Taking notes

It is interesting to follow the shimmering of energetic colours along the days. It appears thus that some days of the week, the inner contact is easier, neat, the association of ideas more abundant and some other days far less. This is showing that some rays are more available to us than others.

A sheet of this kind will help taking notes and keeping track of our observations.

N°	Day	Ra	Easy	Neat	Intense	Ideas	Comments
	Lu	7					
	Ma	6					
	Me	4					
	Je	2					
	Ve	5					
	Sa	3					
	Di	1					

N° : number of the day in the month
 Ra = Inflowing Rayon that day
 East, Neat, Intense : note about these qualities, from 0 to 10 for example
 Ideas : association of ideas, number

2. POINTS TO PONDER ABOUT

RAJA YOGA

1. AUM (OM). The following instruction concerneth the Science of Union.
2. This Union (or Yoga) is achieved through the subjugation of the psychic nature, and the restraint of the chitta (or mind).
3. When this has been accomplished, the Yogi knows himself as he is in reality.
4. Up till now the inner man has identified himself with his forms and with their active modifications.
12. The control of these modifications of the internal organ, the mind, is to be brought about through tireless endeavour and through non-attachment.
13. Tireless endeavour is the constant effort to restrain the modifications of the mind.
15. Non-attachment is freedom from longing for all objects of desire, either earthly or traditional, either here or hereafter.

The Yoga Sutras of Patanjali, Book 1.

From The Light of The Soul,
The Yoga Sutras of Patanjali
with commentary by Alice Bailey

27. The Word of the Self is AUM (OM).
This is the Word of Glory,
he sound itself of conscious Life as it is breathed in all forms.

To sound the Word is to radiate the quality of the Self, or the Source of Consciousness, or the soul in relation to all acts of life.

FUNDAMENTAL POSTULATES

1. There is an Immutable and Boundless Principle, an absolute Reality, which antecedes all manifested, conditioned being.

The manifested Universe is contained in this Absolute Reality and is a conditioned symbol thereof.

In the totality of the manifested Universe, we may conceive of three basic aspects:

1) The first Emanation or Cosmic Logos, impersonal and non-manifested, the Precursor of the "Manifested".

symbol: a circle with a point in the center

2) The second Logos or Cosmic Emanation, Spirit-Matter, Life, the "Spirit of the Universe".

symbol: a circle with a horizontal diameter line

3) The third Logos or Cosmic Ideation, The Universal World-Soul. symbol: a circle with a horizontal diameter line crossed by a vertical diameter line

The Absolute Principle, which is Being and Non-Being, or "Be-ness" (in Sanskrit, Sat), may be represented by a white disk on a black background and is symbolized by:

-Absolute Abstract Space representing bare subjectivity, one thing of which no human mind can either exclude from any conception, or conceive of by itself.

-Absolute Abstract Motion, symbolized by the Great Breath.

"Deity is an arcane, moving Fire."

"That is the Spirit of Fire, not Fire itself."

The Fire or Fohat is the dynamic energy of the Cosmic Ideation linking Spirit with Matter.

These fundamental principles lead to innumerable Universes including an infinite number of stars and manifested solar systems, and all beings appearing in ordered succession.

2. There is a fundamental law called the law of periodicity.

This law governs every manifestation and the cycles of evolution.

3. All Souls are identical to the Universal Over-Soul.

The principle of Correspondence is the key to the interpretation of everything.

4. Every being is the focussing of Space into a point of electricity.

In Be-ness - the un-manifested Root from which all manifestation proceeds - stands the plane of Being, which is Light, Life and Electricity.

According to the law of periodicity, this point of electricity is pulsating, from space back to the point itself, to space again. . .

Reciprocally, any space has a focal point. Participation in this pulsation is called identification.

The minor radiation emanating therefrom is consciousness.

Notes:

The first 3 postulates are taken from *The Secret Doctrine* by Helena Blavatsky (Vol. I). They have been reproduced in the introduction of *A Treatise on Cosmic Fire*, from Alice A. Bailey.

The fourth postulate above describes the "mystery of electricity". Some say that it has been inspired. What do you think of it? What can you do with it?

What spaces are you dealing with? Country, Culture, Market, family, inner space, emotional space, relations ...

THREE ASPECTS

According to the law of correspondence, there are three aspects to be found in everything, from an atom to the universe. Hence, these three aspects are to be found in each of them "these three aspects are essentially relative".

A description is also given in a Treatise on the cosmic Fire (notably p 1229-1240)

These 3 aspects have been described in different traditions as:

1st aspect	2nd aspect	3rd aspect
Being	Relation	Function
Life	Consciousness	Activity
Father	Son	Mother (Holy Spirit)
Shiva	Vishnu	Brahma
Spirit	Soul	Body
Pneuma	Psyche	Form
Synthesizing Energy	Magnetic force	Matter
Will	Love-Wisdom	Active Intelligence
One great Breath	AUM, the verb	the Worlds
Essence	Sound or Word	Object
Future	Present	Past
Thought	Emotion	Sensation

This last triad describes the human personality

and we may find several other examples, eg., in a book :
the paper, the binding, the text....

These 3 aspects can also be found in man, who is essentially:

- 1/ a point of electricity or life
- 2/ a magnetic monopole or unit of energy, pure consciousness, source of mental light (contact with Being and appearance, with the Self and non-Self, the 1st and the 3rd aspects).
- 3/ an active unit, function or appearance, support and therefore mechanism of expression of this Thinker or source of light.

This mechanism is itself threefold :

- thought, with the impulsed direction, the formulation and its result: the thought-form or concept
- emotion or motivation: that which starts up our activities, the motor of our deeds
- sensation or action on the most concrete plan.

(See Letters on Occult Meditation
and Light of the Soul, p. 272)

The 3 aspects express in 3 directions

- 1 : through,
- 2 : inward,
- 3 : outward.

The third and second aspects develop in 3 sub- aspects and the first aspect is yet unfolded, thus making the 7, the number of form building.

Hence also the 7 Rays of the one Psyche, hence the 7 planes of the One Substance.

The 7 Rays play on all planes and their quality express on soul level, where they may be approached by symbols, their names, and their mantras (see above The 7 subjective qualities).

Abstraction?

Effort is necessary to broaden thought and discover the Beauty that we do not see, blind as we are.

Thus the possible lies alone at the foundation of being, and it is this fire that Heraclitos indicated.

The act of creation or evolution is the transition of non-being to being and the reverse.

Evanescence, the divine play unfolds.

The result of work presents the permanence of the existent.

In other terms:

- The space or fire of the possible (1)
- focusses in a point, the formation of Being (2),
- then life condenses in an object (3)
- it creates.

Also, awakening is:

- observation of the existent (3) (which issues from being),
- the relation to the world (2),
- then the tension of the spirit in this Play (1), the Fire of the possible or the Future.

Behind sensory appearance (3), attention perceives the quality (2), then focuses on the starting point or impulse of thought (1), before any formulation.

Isn't Beauty the self-revealed result of the play of the possible?

On many different levels, we can find this play of the three aspects:

- (1) emergence, abstraction
- (2) focalization, identity, radiation
- (3) creation, form, concretion.

Three axes

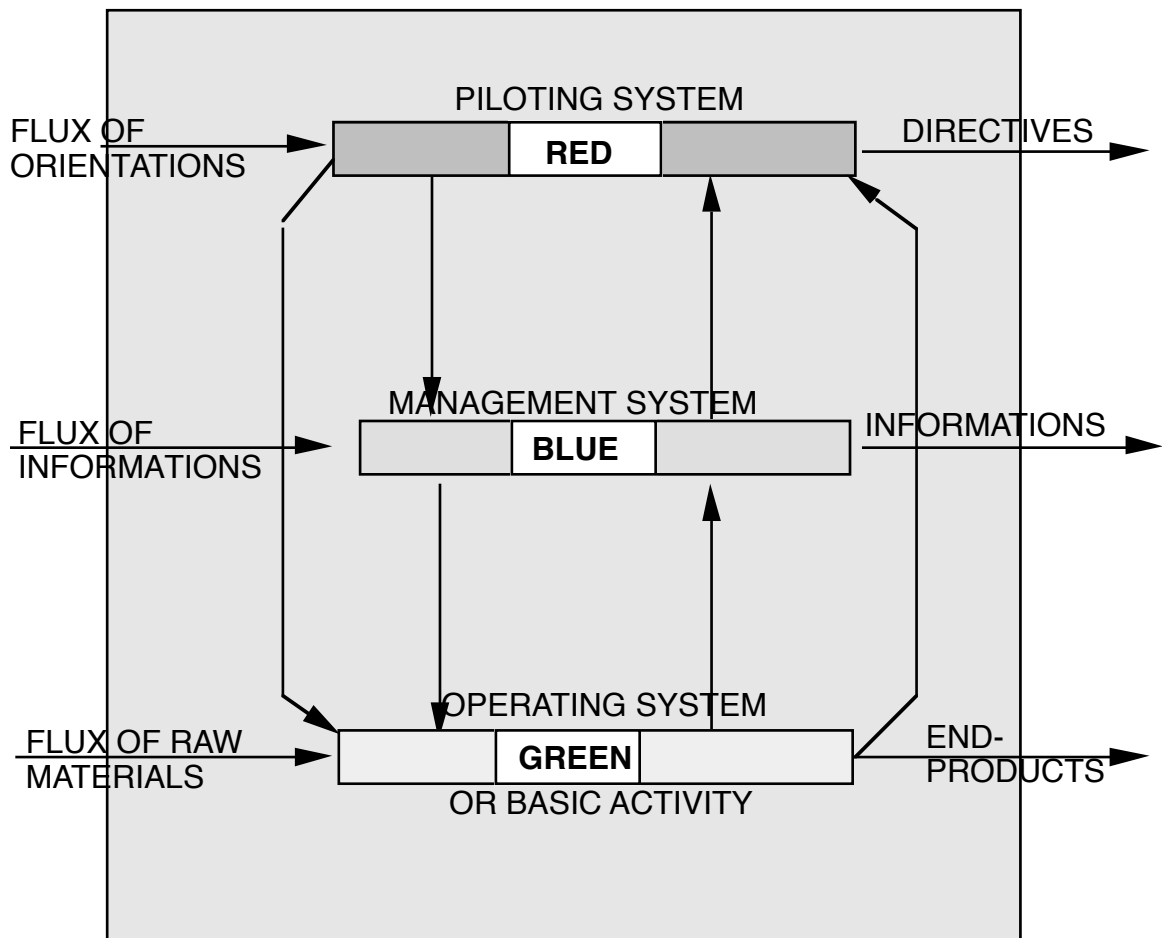
The 3 aspects can also be perceived in collective action, which assumes tasks, team and a common goal.

The systemic vision is based on relationship and a behaviorist goal (formulated as an output depending on inputs).

In each system, Jean-Louis LEMOIGNE (1977) distinguishes 3 subsystems :

- the operating subsystem, representing activity
- the management subsystem, ensuring cohesion
- the piloting subsystem, ensuring direction and setting objectives

Here the overall rectangle depicts a system, "set of interdependant parts, organized for a goal"



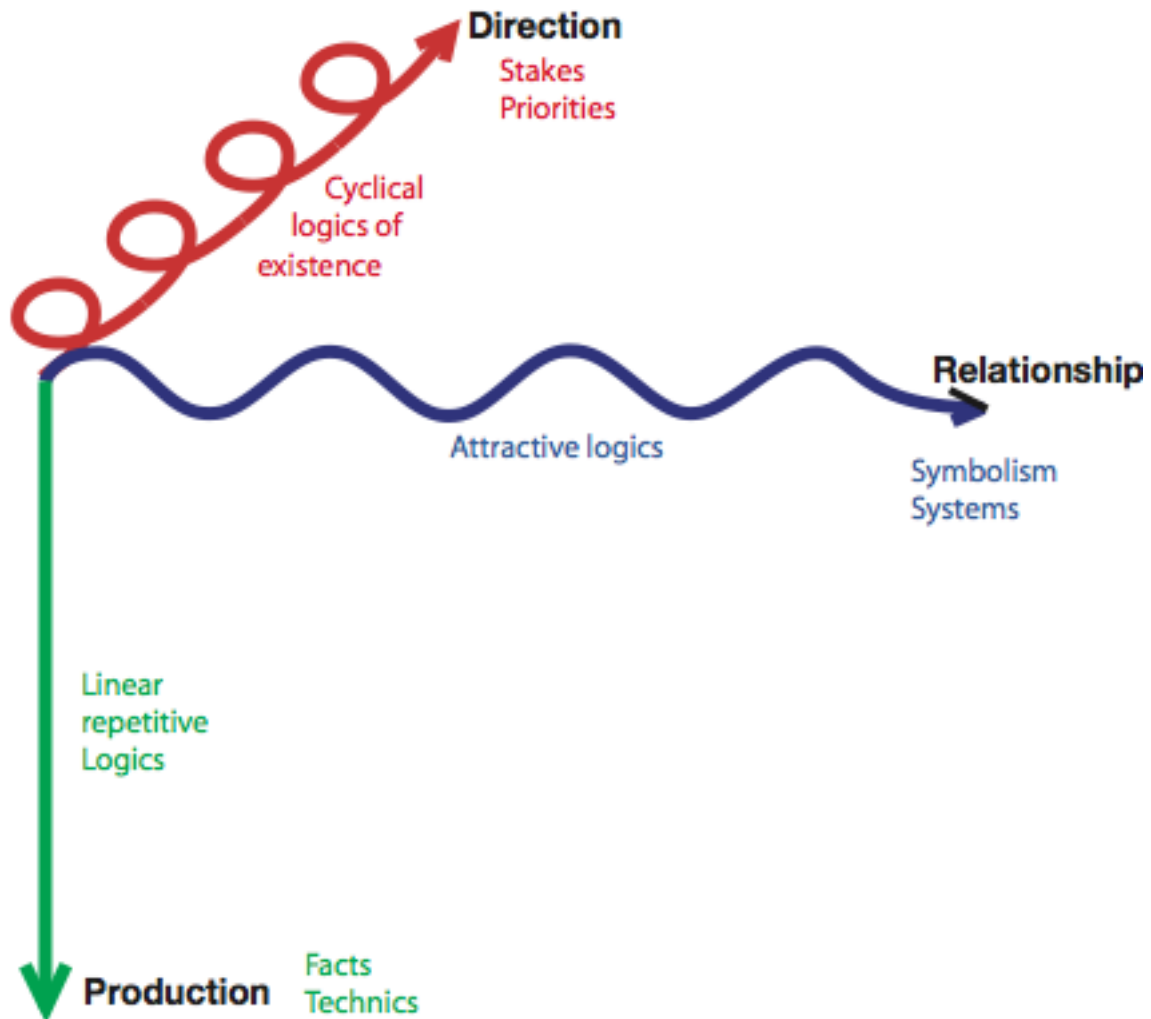
But these 3 subsystems are interpenetrating one another, for everyone directs - at least his task- manages his informations and acts. Therefore it is useful to depict them with 3 colors, since light is composed with intermingled colors.

An action (for example going to a meeting) requires a goal, a previous mode of realization or method (transportation means, route) and finally the execution (driving, walking ...). The execution may lead to alter the route, sometimes to renounce to the goal.

Source of Consciousness

These 3 systems give birth to 3 axis, 3 logics or 3 jobs.

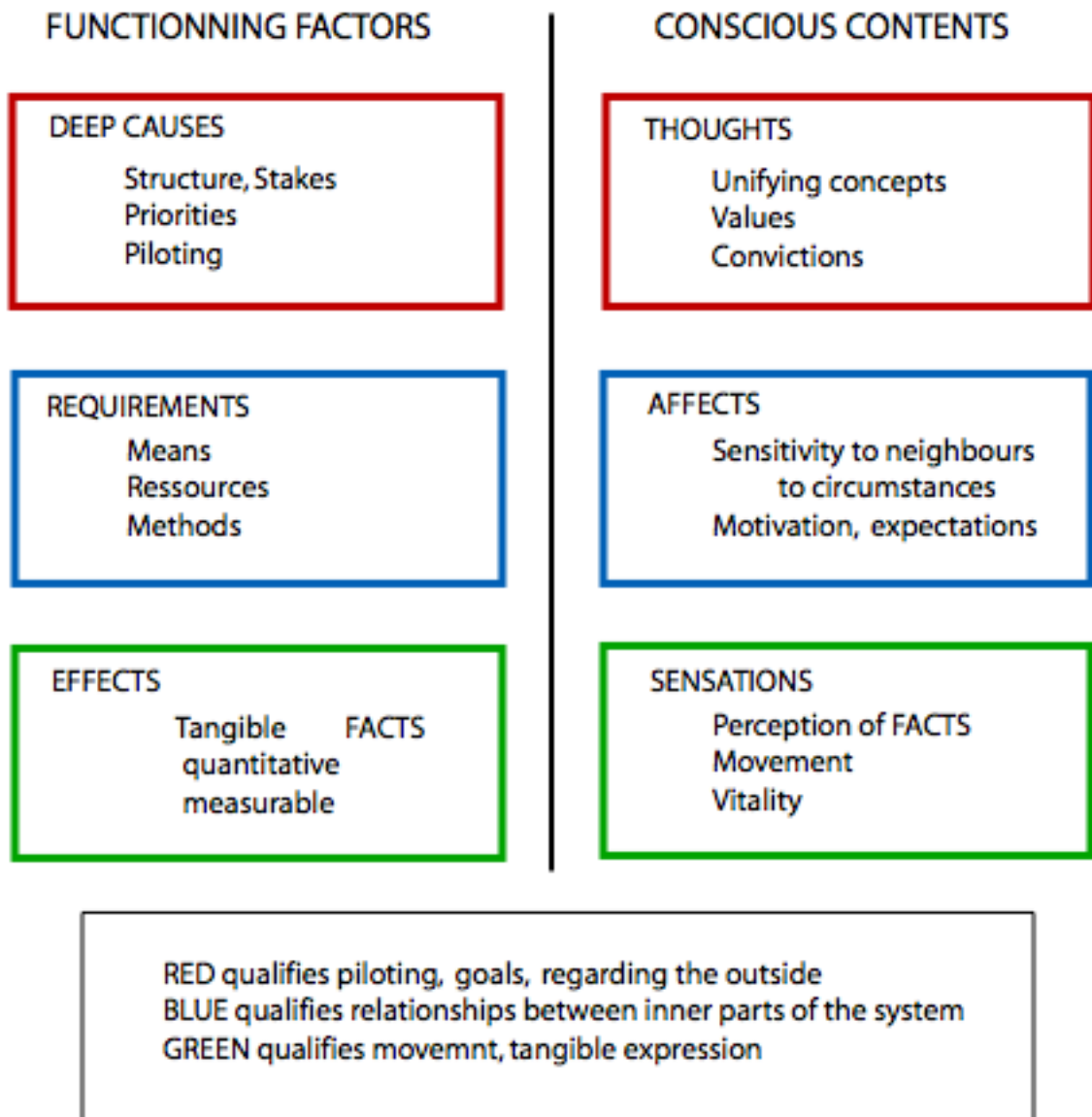
- a green axis, vertical, centered on activities and tasks
It describes the relation to matter, a linear logic of programming, the job of planning
- a blue axis, horizontal, centered on relationships and integration.
It describes the internal relations, a fluid attractive logic or logic of opportunities and risks, the job of animation
- a red axis, transversal or indepth, centered on goals and direction
It describes the relation with the outside, a logic of existence (why does the system exist ?) and the job of executive



This inner compass (composed of 3 axis) can be compared to the components of consciousness : Thoughts / Emotions / Sensations which are linked to 3 levels of causation of factors of functioning (which come from the quality theory)

Effects = Facts / Requirements = Needs / Causes = Devices

Here is the parallel



THE PLACE OF THIS SELF-TRAINING regarding the 3 aspects

In the totality of human being, (Spirit, Consciousness, Body), we are interested here specially in this Self-training, by the second aspect, linked to the present and to consciousness, which is also called : spiritual intelligence, the Observer, The Thinker, the Self, the soul, the source of cohesion, the Builder of form, the Dweller of the body, the self-conscious entity ...

The light of the soul, Alice Bailey p 231

Yet this second aspect of human being has itself 3 aspects, whence the three colored dots in the centre of the blue circle.

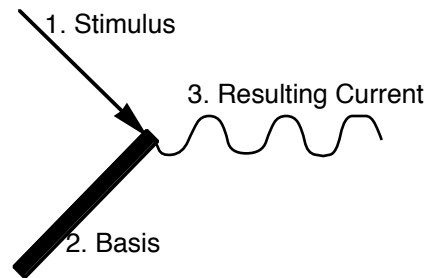
Polarities in perception

Any perception comes from the jonction of two poles :

- a support or basis giving the substance
- a stimulus, informing or emitting pole giving inspiration

If the stimulus is too abstract (without a sensitive support), it remains unperceived

If the basis is too heavy (without an appropriate stimulus), it remains a chaotic magma



One finds here again the three aspects

Stimulus	Basis	Result
Emitting	Receptive	Expression
Father	Mother	Son
Spirit	Matter	Consciousness
Logos	Chaos	Cosmos

Specific words describe these 3 aspects.

The basis is described as volume, quantity, substance ...

The perception or result is described as quality or shape, ...

The stimulus is described as tension, intensity.

One hears often the expression "there was much energy". It describes an impression of quantity, of volume, it is concerned with the basis current which has been stimulated by a strong intensity. The energy is abstract- non located - capacity of movement, hence it is stimulating. Yet, as energy is substance, it is often assimilated with the basis current. Moreover, basis and stimulus are relative : a stimulus is the basis of another coding and the basis itself is the result of a grossier or more archaic basis - which has been stimulated. The expression "energy follows thought" is easily understood with this scheme. The energy-basis is mobilized in the direction given by the thought.

In the exercise 'Present facing an object of Beauty' the basis is composed by the body and the object, the stimulus is the attention, and the perception depends of our attention (sharp, vivid, sustained) and of the situation (light, noise, trained sensitivity ...).

The same exercise repeated after one month will give a different result, partially thanks to the acquired training.

Why train oneself ?

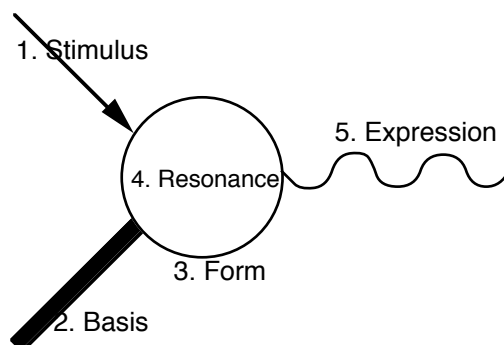
Thanks to the training, the support gets finer, more receptive to tenuous currents. The exercises play their roles, enabling the instrument to resound to more subtle stimulus, yet the instrument could become deaf, was it losing itself in the hum...of daily life.

From its side, the stimulus (Spirit) is incarnating gradually and assimilates its instrument, the meaning of life is expressing itself.

It is useful to distinguish between the form or static aspect of the result, and the expression or active aspect of the result or resulting current ; one may then perceive two phases : the creation of the resulting form then the emission of the expression.

When the form is already created, (for example, the human body during an exercise) 5 factors appear during the process :

1. Stimulus
2. Basis
3. Stimulated form, information in the strictest sense
plus
4. Resonance in the form, awareness or perception
5. Expression



Yet, for sure, these 5 phases are a point of view. The form has been created but it is altered and thus partially re-created by the new stimulus. One can thus consider only 3 stages.

In the opposite way, in the process with 3 factors, an expression results from a pre-existing potentiality; and if this potentiality is distinguished from the basis and considered as an abstract form, the 3 factors of the process become then 5.

Let us recall it : the polarity emitting / receptive or stimulus / basis is entirely relative. A stimulus is a basic energy for another stimulus (it is the idea of planes and subplanes) ; on another side, a basic energy is composed of more basic energies or substances. For example, the body is maintained by the food which is informed by DNA and these molecular forms are composed by atoms (their basis); on its side, the eating is a basic current compared to appetite and taste.

5 STAGES OF EXPERIENCE

Concentration

To concentrate is to direct one's attention and to keep this direction. Ideas may rise up, one lets them go by, only those directly associated with the object of study are retained. Concentration is, moreover, the most taught activity, the basis of all school and professional study.

An individual concentrating can read a text without hearing or seeing what is happening around him; he can walk without noticing anyone.

This sustained direction is balanced by receptivity. It is neither obsession repressing all thoughts, nor idle day-dreaming, but centred observation allowing glimpses to come through. One thinks in a certain way, with certain connections and a certain structure perceiving greater or lesser subtlety; this field of understanding is what one calls the mental body. Bourdieu would call it a *habitus* of thinking, an inhabited space, staked out, marked out and familiar where the thinker finds himself. This mental body is coloured by a predominant quality (usually rays 1, 4 or 5).

The Ray 1 mental will tend more easily towards flashes and glimpses, the Ray 4 mental will play with the association of ideas and the Ray 5 mental will be more readily aware of the path he is following. These technical elements will be looked at later (Self-schooling 2nd book, Michael Robbins' work).

Meditation

To meditate, which etymologically meets *medical* = to heal, designates reflection which includes thinking, but also the unconscious, the imaginary and the body.

Meditation therefore implies integration, assimilation, rebounding, therefore receptivity.

Meditation is therefore continued concentration, assembling material, sorting it and constructing a composition.

Meditation, or research path, lasts days, weeks, years, for researchers, artists, inventors; but it also takes time for professionals who want to reply to a need.

Contemplation

Contemplation is the union of subject and object in the field of consciousness, distance disappears, there is therefore forgetting of oneself, shared existence.

One can contemplate nature, a work of art or one's love. Communion is thus light, keen, awake.

Contemplation can be called fusion of consciences, since perception is present in the field of consciousness, quality permeates it, the mechanism of the subject returning to himself is not (yet) active, the subject does not therefore isolate himself from the object, both participate in the perception.

Illumination

Illumination is the resonating of the field of consciousness with its source (attention); what appears and what observes the streaming unite. I am this flow of thinking, this wakefulness. In other words, the thing perceived and the perceiver are joined in: I know this, I am This.

In other words, emission and reception, sight and the vision fusion, attention interacts with perception and light streams forth from these two polarities.

Illumination is not therefore sudden understanding; looking carefully, the subject has disappeared for a moment and thinking took place in the stimulating and receptive flow.

Inspiration

Inspiration is entry of breath and, because of it, of a new idea. Hence, an idea arrives at the moment of breathing in: when we are asked a question, we reflect, we breathe in and an idea comes, it can then be formulated in several phrases.

Inspiration implies a return to the centre, forgetting (momentarily) the question, and this return to the centre can be observed in all creativity.

Source of Consciousness

Does inspiration follow or precede illumination? It seems to us, one had to breathe in so that an idea comes and illumination takes place. Eureka, I've got it!

Questions

What is my capacity for concentration? When did I succeed in concentrating?

What hinders concentration?

Which meditation has been fruitful? How did I find my work, a holiday place, my partner?

Is my spiritual advancement a conscious meditation? How did I find books, centres, activities?

At what moment did I "fall into" contemplation? Are there moments when time stops, when I am with it, not distanced? Is it easier for me to contemplate nature, music, painting, a person?

At what moment did I feel inspired? Did I feel carried? What new idea did I have this morning? This week?

What are my big inspirations? Therefore my big questions?

When did I get something? Can I remember this flash of understanding?

Can I observe the development of a thought and myself observing it? Did I have the impression of being refreshed, bathed in light?

Other reflections

Meditation, like concentration, reveals two tendencies:

1. The imaginative tendency or the development of a story in pictures during the course of the thought, it is in a sense the outer edge of concentration. These contents are the sum total of material accumulated in the meditator's consciousness.

2. The capturing of meaning, or the sequence of understanding of various notions appearing in the course of the thought. This meaning is movement and is closer to the direction of attention.

LEVELS OF CONTACT DURING CONTEMPLATION

Let us now examine the different phases of recorded impression. during daily practice; these levels are also perceptible in all conscious contact. At what level does conscious contact take place? What is it like? How does it develop?

Let us describe briefly the levels of contact.

1. SENSORY LEVEL

The first level consists of what the senses can seize; lines, curves, shape and colour (for sight) of the object, smell, texture, taste, sound ...

2. EMOTIONAL LEVEL

The second level of exchange is the attractiveness of the object. Does it make us come closer, or move away, are we disconcerted by it? This level is also related to aesthetics; does it seem nice, pleasant, to our liking, do we feel comfortable with it ?

3. INTELLECTUAL LEVEL

The third level concerns the meaning of the object to us. What does this curve mean? On a leaf, what does a reddish spot mean? What does a triangle mean? This obviously depends on our education, what we have studied and assimilated in the past. The beginner (in botany, geology or symbology) will not see much - not much sense - where the expert will see a whole world. Thus meaning deepens with time.

4. QUALITY LEVEL

This fourth level is the quality transmitted to our state of mind. In contemplating an object we imbue ourselves with a quality which our field of consciousness registers. This quality is beyond the preceding levels, and we can feel its synthetic nature within us. The preceding levels remain outside us (our body, our reaction, the meaning it has for us), here we have an inner resonance.

In our thinking, this level does not concern verbal expression nor meaning, it concerns the quality of our attention moving to and from the object. The field of consciousness (or the mental) becomes pure before a crystal, fixed and firm before a stone, soft before a flower, deep before an indigo tone...Words cannot fully express quality. Moreover, in order to really grasp the quality of our mind, it needs to be purified and cleared up, which requires some training and attention.

5. BEING LEVEL

Whilst contemplating, an impression other than one of quality will appear. It is a kind of transfer of being, a perception of purpose inherent in the form. Thus the aspect of the One, focused within the object, is then perceived and shared. Beyond sensitivity to quality, one knows, one touches knowledge directly.

One no longer contemplates a stone, but the mineral: one is stone feeling as if space were filled by the concretion of the mineral world. We no longer contemplate a flower and its delicate qualities; there is no us nor the flower, there is only flower, essential flower, soft expanding sensitivity. After the qualitative resonance, this level of exchange is lively, sharp, direct and immediate, we share being and its purpose.

Contemplation includes these five levels of perception (as in *The Light of the Soul* by Alice Bailey) which can be used in any order once one is familiar with them.

ORGAN PIPES

Scale of the 7 planes and the 49 subplanes

Spirit and Matter are one. The substance-principle is distributed in a scale of 7 levels or planes, each ruled by one law (will of the Logos or principle).

The subdivision in 7 planes is furthered, each plane giving birth to 7 subplanes.

The study of the different subplanes gives the key of matter.

These sublevels are described and approached by their number, the law of the corresponding plane and the will of the corresponding Ray (see CF 707). Thus the first subplane is dynamic, the 2nd,3rd,4th subplanes are radiant, the 5th,6th,7th are substantial relatively speaking. For example, on the 2nd level prevails the law of cohesion, the will to unite; on the 5th level, the law of fixation and the will to act.

That which follows is an essay and not a conclusive study. The precise tunes are to be found by the student himself.

Correspondence between the subplanes

The correspondence between the sublevels of the planes is a good means to ascertain the level reached during meditation - or during daily life.

See the diagram in colours

These sublevels vibrate with their harmonics as organ pipes . The contact with the soul (third sublevel of the mental plane) brings thus a stimulation of the third etheric subplane. Reaching and stabilizing at a higher subplane is a long-term work and may require several lives - as scientists who aim to master the 5th sublevel of mental plane. Stabilisation on the third subplanes is a mark of soul control.

After the fourth initiation, the monadic ray makes its presence felt on the second subplanes - they are still colored by the ray- and the first or atomic subplanes. The cosmic ethers (buddhi or pure reason, atma or spiritual will, monadi or the One and Adi or universal Life) vibrate and stimulate resoundingly the sensory ethers. Thus the organ pipes sing ever.

The plane where these sublevels are the easiest to discriminate is the mental plane, for consciousness is centered at this level, where the personality, the soul and the Triad meet. This is offered by the tremendous sacrifice of the Fifth Ray Lord (see R 1 p 76) who rules over the true science of psychology. And that's why we begin by this plane.

Mental plane, thought level

Level of thought, of meaning, independent of circumstances of shapes in space and time.

5.7 meaning, notion (of a thing, a sentence, an action)

it is the "atomic" or basic element of that which makes sense or takes a meaning. Beneath meaning, the brain works but thought does not come up; as an example, reading a book without understanding is not a mental perception. MIND BEGINS WITH MEANING.

5.6 logic, reasoning (without words), starting from hypothesis and reaching the conclusion

This factor is the movement of thinking, the fluid and mobile sublevel.

5.5 concept, belief

knot of signification, around which are organized logics. It is the gaseous level of thought, fixation of thought-upon elements.

Theory of relativity, psychoanalysis, abstract painting, all these theories are a development of a central concept.

5.4 adult, personal self, author

subject modifying one's thoughts, decisions, beliefs

The adult attracts, repels or magnetically maintains one's beliefs and references (law of magnetic control).

5.3 Source of consciousness, the transpersonal Self, the soul. It is the factor of attraction and permanency. This level is devoid of any content, yet has a kind of centredness amidst radiation.

5.2 Coherency of consciousness, circle of color -as the central quality of consciousness- retentive quality, group soul, called also the egoic ray.

This level is ruled by the law of cohesion.

5.1 Spatial mind, called also the abstract mind. It is the outward look of Deity. It is an ocean crossed by thought currents.

If the 4th sublevel is represented by a planet, the 3rd sublevel is represented by a sun, the second by a laser beam and the first by the night sky.

Etheric plane, sensory, vital level

These etheric subplanes are most easily apprehended in correspondence with the mental plane

7.7 solid : contact with wood, metal ... texture

7.6 fluid : contact with water ...

7.5 gas : contact with the air

7.4 first ether, the general level of vitality.

Disciplines of silent relaxation, such as Zen meditation, Gi Qong, ... help to stabilize the body to this level. Worries disappear and one feels harmonized, balanced - number 4 meaning balance between 1 and 7- warm and relaxed.

7.3 active vitality, etheric or super-etheric subplane

When one comes into contact with the soul, the body becomes infused with this active vitality. Before this contact, one could feel tired - with all contacts, with the crowds in the subway, the worries and the stress of the job, the lack of negative ions in the air ...-the contemplation of the emblem of illumination gives vigor, a feeling of active life in the cells and organs and a dynamic well-being. It is more than balanced relaxation.

7.2 Etheric radiance

This state of intense radiation, of sustained pure light - the word radiance seems here the most accurate- is produced by the approach of monadic level (second plane).

One could believe that tuning to the egoic ray or group consciousness (5.2 on mental plane) would be enough to reach this level. This is not so. During meditation in group consciousness or during a spiritual meeting of several days, consciousness becomes infused with the soul and the etheric body is more and more infused with active vitality and its attractive effect, it does not mean necessarily that the level of radiance has been reached. It is a question of intensity, of purity or electric void, if one may say.

7.1 pure vitality, atomic ether

This level may be approached as purely dynamic, without any feeling of a center of radiance. It goes through as the correspondance of adic plane, the electric dynamic fire.

Affective plane, sensitive level

In the scale of the 7 planes are distinguished sensory perception (of outer matter) and sensitive reaction - as this reaction is made by the system-. Sensitivity means the behaviour, the ways the system takes in and manages its relation to its environment.

6.7 reflex

This is a gesture of a part of a body and it is a response of the autonomous nervous system.

6.6 attractiveness to a source or repulsion from it
(a source of light, warmth, cold, freshness, food, ...).

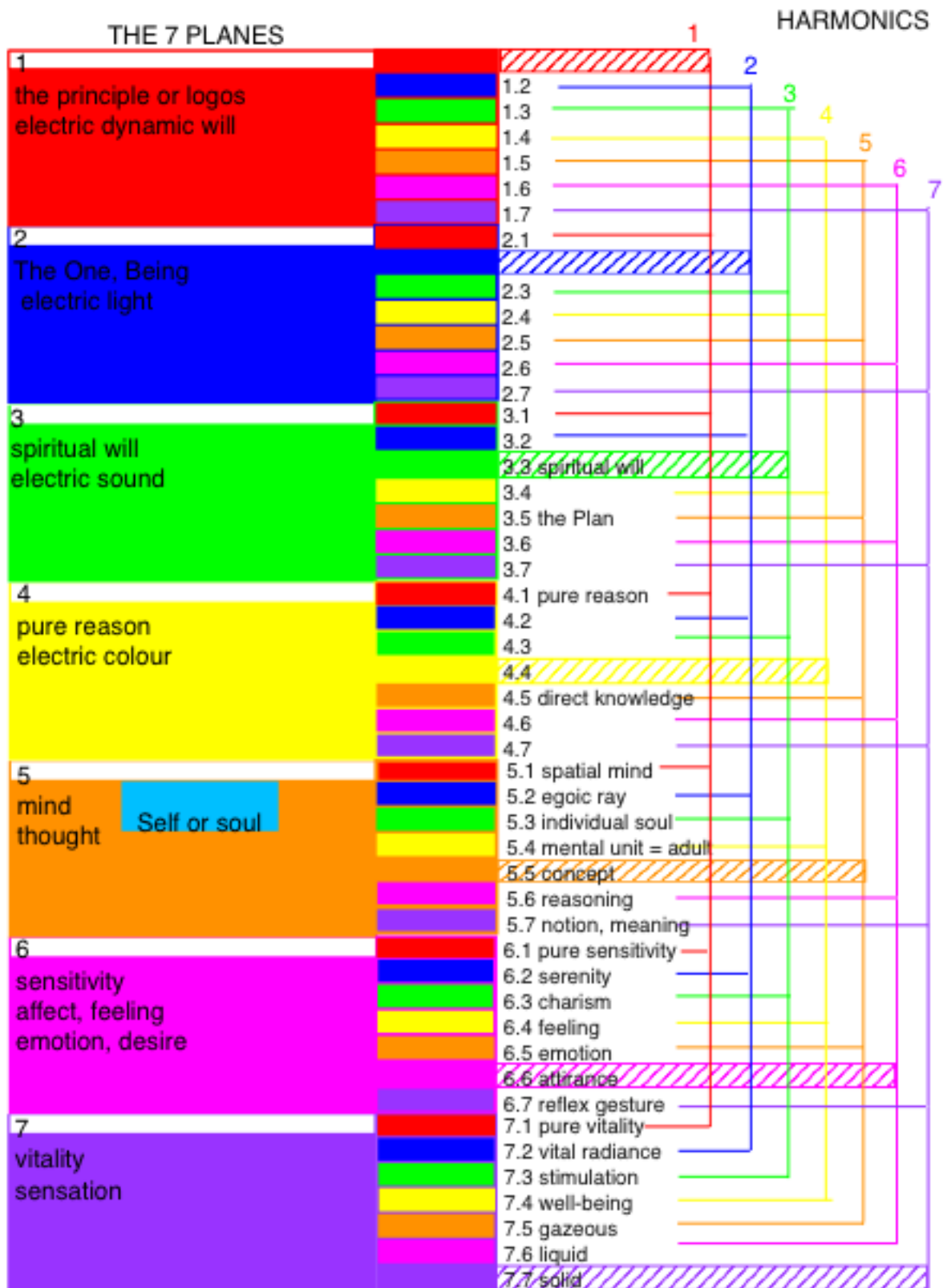
It is a gradual response of the whole organism and not only an instant move of a part as in the case of a reflex.

These two sublevels are located underneath the level of consciousness.

6.5 emotion, affect, desire

the emotion -influence of an outer form- moves the sensitivity, this level is ruled by the law of fixation. A temporary impression alters the behaviour.

THE SCALE OF THE SUBSTANCE-PRINCIPLE



6.4 feeling or personal appreciation

These words describe a sense of demarcation, discrimination, ruled by the law of magnetic cleavage. The emotion (6.5) may generate an outward move, the feeling is an inward movement.

6.3 charism, that is to say an oriented stimulation, warmth or cordiality, which induces a feedback and which is able to attract, yet also to repel.

6.2 relating radiance, active serenity, pure love, constructive, coherent gift. This creates an attractive pole for all around.

6.1 pure sensitivity

Source of consciousness and beyond

5.3 Pure consciousness appears first as devoid of any content, because the law of disintegration plays upon them. It appears as a center of subjective radiation.

The soul is perceived as a center of white light -a golden light indicates the etheric body. The luminous blue is a colour akin to the clear blue sky where the sun shines and it means opening and love.

Shrî Aurobindo describes (in Life Divine volume 1, chapter 13) the mind as a reflexive mirror. In the image of a spherical mirror, the Self would be the center of this sphere, seeing the light reflecting from all around; the personal self or the adult (5.4) would be the subject seeing himself and the world from the outside of the sphere -as shows a famous picture of Escher. Interestingly, a laser beam is prepared usually by heating atoms of a crystal wrapped in a metal mirroring surface.

5.2 Here consciousness is immersed in a ray of supportive light. The centredness is no longer felt. The group soul or coherent light (second subplane) is perceived as a sustained, intensive light.

5.1 When one goes further than the solar star, one enters in a night blue sky, abstract or spatial mind.

More inside, inclusive or intensive, are

4. Pure reason, knowing directly without intermediaries or relations, as does the mind.

This includes intuition, those flashes of knowing. The impression got at this level is one of pure magnetic light -more vivid and stimulating than the light of the soul, which appears then as dull.

3. Spiritual will

It is felt as a stimulating current, both abstracting and asserting. Spiritual will supersedes form, it abstracts to the most tenuous point one may feel; at the same time, it asserts everything which exists. The impression is intense, but does not express in terms of light.

2. Monad or the One in all, the electric spark of Spirit. It is a lens focussing the Whole.

It appears as a blazing sun. The levels 5,4,3 are the levels of Triadic perception, expressing the One or Monad.

The One is the archetypal form, being receptive and a primary shape in the space of possibilities.

1. Adi or Logoic plane. The plane of Be-ness, of electric dynamic fire. That which is and is not. This essentially dynamic plane is described as an ocean of fire.

Any symbol -and still more a word or a sentence- is a veil and lays in between the Real and the perceiving subject. Therefore, reader, try, test and experience.

SOME QUESTIONS

Present to everyday situations

"One should accept into daily usage the formula of inspired matter. Then spirit, heart and matter will enter life."

Fiery World III §27
in Agni Yoga series

The daily training "to be present facing an image of Beauty" does not concern only an isolated moment, but this presence should inspire all of the day.

As Martin Muller said (see Prelude to a New Man, p. 20):

"What is an exercise? In the context of this work it is a kind of expedient to create a psychological mood which facilitates the play of certain aspects of consciousness in order to develop them, give them nuances, and thus progressively refine the perception. The advantage of an exercise is that it enables a mood to be brought about and maintained for the necessary time. On the other hand, it must be understood that the real field of action of this work is daily life, always changing and generally more unpredictable than the conditions met in an exercise. If it were necessary to make a choice between work in life or work in exercises, the choice of the former would be imperative. Indeed, the exercises should be considered simply as a useful, though often necessary, complement to bringing the condition they foster into everyday situations. The object of the exercise is to bring into play faculties up to the limit of the everyday consciousness and slightly beyond, producing an extension of the conscious zone."

In other words, daily life constitutes the diffuse phase of our contact with reality. By contrast, deliberate research is the concentrated phase of this contact with reality.

The reflection on our own behavior and on matter constitutes the analytical pole of this concentration.

Visualization permits the synthetic approach to reality, but it supposes the demarcation of a circle or space in the play of our activities and of attention, on one hand, and also to make the effort to perceive the subtle element which is in play in the exercise, to learn what is vital. Each of these phases constitutes a moment of rhythmic "breath" of the experience which is our life.

The goal is to be fully present at each moment.
Simply let us display the Spirit.

"Opening of the consciousness is accomplished instantly
-by one stroke of the will."

NEW ERA COMMUNITY §124

Images or reality

The ancients used to say:
"You become what you contemplate."

Beauty is the flash of the real which shows through the form.

In the course of these exercises a feeling of futility may arise: how are the exercises real?

Images are only appearance and not reality. This paradox poses the following question: Is truth an adaptation of the reflection of the basic underlying reality?

But image is not detached from a reality which would be forever hidden --it is a part of reality, precisely it is a moment of unmasking of the real, or the process of Truth, which is Truth in the doing

(this approximately reflects the positions of Kant and Hegel*).

"Everything is a symbol and symbols must be mastered."
A Treatise on the cosmic Fire, p 1231

Each fact, each impression, each form is a symbol and thus a door or access to a Reality more abstract, vast, and intense. This threshold is crossed by the study of meaning and quality as a means of thinking and then synthetic comprehension, until the process of understanding reaches the center of consciousness, in the core of being.

The proposed symbols or the schemes of visualization, appreciation, and reflection allow the focalization of thoughts at will and aim at refining perception. The objective is not just to develop a form or precise contents in the consciousness while visualizing, but the capabilities to open the consciousness and to be present to an object, an idea, a being.

(*)This describes approximately the positions of Kant and Hegel.

Kant describes representations or thought-forms which may be or not truthful to the outer "reality". Hegel emphasizes that truth is practiced in the play between reflexion and outer form, in this asceticism which looks for, finds and expresses the essence. Thus, according Hegel, the image is a moment of the unveiling of the Real; history is but the revelation of Spirit buried in matter to Itself.

Freedom and conditioning

Suppose that we decide to go to a determined place. We may choose the means of transportation and itinerary, then make a plan, then effectively execute it and carry out the necessary activity: drive the vehicle, that is to say our body, our emotions, and our thoughts first of all.

Many old people have the impression that their life, and all action, has one goal, one destination, one work to be done, one lesson to be learned, and that we are destined, for better or worse, in that direction. Sometimes, we also have the impression that we are doing the task which is the reason for our existence on Earth. Moreover, from birth we have a HERITAGE determined by our family, capabilities, education, culture, nation. . . Then are we completely conditioned by this heritage ?

Where is our freedom ?

Is our freedom simply to advance or to refuse to advance ? Or is it to choose the style of the dance?

Liberty is not to play with the effects, but to KNOW THE CAUSE. That is where liberty starts. If there is a destination, we must rise up to this level of reasoning, and we may then act with knowledge of the cause.

In the same way, if we are persuaded that there is not a destination, not a reason for living, we must deeply explore this conviction.

"MAN, KNOW THYSELF"

Then freedom will broaden the horizon. We will no longer be slaves to sensations, desires, and thoughts or conditioned by ignorance.

BEING fully, really free, and capable to act in the external environment.

Free, because capable to observe, to decide, to accomplish.

I can't visualize

Most of us cannot visualize an inner image as clearly as an exterior image. But is that the goal?

When we think of a loved one, we don't necessarily see his face, the roots of his hair, the texture of his skin.

These are appearances--what counts is the quality of inner being. And without having seen his face, we know that we have thought about him and no one else.

In the same way, if we think of a bird on the branch of a tree, the image of the bird doesn't necessarily appear in our mind, but the characteristics and the quality of the situation are felt.

WHAT COUNTS IS THE DIRECTION OF THE THOUGHT.

The exercises presented here address this voluntary and conscious direction of thought. A visual form is only one possible effect of a clear mental conception.

Man could be compared to a lamp:
the personality is the support (including the lamp-shade)
the consciousness of man is the light
the life of man is the electrical current

TERMINOLOGY

FORCE:

factor of motion or small part of energy to which a form has been given; endowed with one direction, sense, intensity, and a point of application

ENERGY:

active substance

FORM:

principle of limitation applicable to a substance

BODY or VEHICLE:

condensation of a kind of substance in a form supposing a source of cohesion and a directive principle. This is also a sphere of state of consciousness, for example, sensations, emotions, thoughts, causes or accumulated qualities.

ATTENTION:

"a selective and directive faculty with the power (more or less according to its degree of development) to channel the different energies which derive from the base or life energy" or AUM

(Martin Muller p.7)

IMPRESSION:

"the subtlest reaction to the vibratory mental activity of some other mind, or group of minds, of some whole, as its radiatory influence affects the unit or aggregate of units" (Telepathy p 41). Receptivity "concerns the engendering of a magnetic aura on which the highest impressions can play" (ibid, p 61).

CONTACT:

"recognition of an environment, an area hitherto unknown, of that which has somehow been evoked, of a something other which has made its presence felt. This something other than the Perceiver has usually been earlier sensed, has been propounded into a theoretical possibility, has later been invoked by the directed and conscious attention of the one who has sensed its presence, and finally contact is made. (Telepathy, p. 59)

Sound – contact – vision

All of our acts are based upon our conscious or unconscious sensitivity, or our reaction to impressions and contacts. . . . To exercise our abstract and concrete perception and in order to think in a clear fashion, we propose to look for the most general (yet the most precise) meaning of the words Impression, to Inspire,

Sound--Contact--Vision, which are often used in current speech.

IMPRESSION:

to impress on what material? On mental substance, on the screen of our thoughts? Who is the source of impression? All matter is energy --one could precise energy or active substance, matter or receptive substance.

INSPIRE:

to take a breath, "to take some air," "breathe the response," "the idea was in the air." When we are inspired by someone, what is that which is attracted, assimilated, absorbed?

CONTACT:

"That touched me"--what point was touched? What piece of matter? The phrases "to be tactful" and "to touch lightly on a subject" seem to have the etymological root of touching with the hands. "You catch the idea?"

SOUND:

It's well understood that sound transmits the idea of a direction or a meaning ("that sounds right", "to be all ears", "I hear you ") "That says something to me" means "I understand"--what vibrates when we understand? Logos=principle=sound, each being has its tonality, tempo, and rhythm. Can we describe the note of an action and a group of actions (scope, pitch, intensity, quality in tone)?

VISION:

Light ("it's clear, limpid, transparent and brilliant"); images of colors ("in a dark mood, red with anger, green with envy, gray with fear") geometrical forms ("straight to the point"). Where does this movement happen? In what matter?

In summary, can we find meaning in the substance of our deeds, the dance of life, and the texture or steadiness of our actions?

Source of Consciousness

When we observe an ice-skater, for example, we receive an impression of balance. Is this impression the simple reintegration in our mind of the movements of the skater or an underlying impression (of purpose and character) ? Is it transmitted by the intermediary of elements more concrete or still was there a direct transmission of an element more subtle than the images? What do you think ? When you look in the eyes of someone, what impression do you get?

A quotation from *A Treaty on Cosmic Fire* (p. 163) may help

"Hearing gives to the Thinker an idea of relative direction, and enables a man to fix his place in the scheme, and to locate himself. Touch gives him an idea of relative quantity and enables him to fix his relative value as regards other bodies, extraneous to himself. Sight gives him an idea of proportion, and enables him to adjust his movements to the movements of others.

Taste gives him an idea of value, and enables him to fix upon that which appears best.

Smell gives him an idea of innate quality, and enables him to find that which appeals to him as of the same quality or essence to himself.

In all these definitions, it is necessary to bear in mind that the whole object of the senses is to reveal the not-self, and to enable the Self therefore to differentiate between the real and the unreal."

In the evolution of the senses, hearing is the first to awaken

"all that is grasped by the dormant consciousness (by means of this one sense of hearing) is the fact of something extraneous to itself, and of the direction in which that something lies. ...

the consciousness moves slowly outwards toward that which is heard and when contact is made with the not-self it is called touch. This touch conveys other ideas to the groping consciousness, ideas of size, of external texture, and of surface differences; the concept of the Thinker is thus slowly enlarged. He can hear and feel, but as yet knows not enough to correlate nor name ...

Sight follows on this, the third sense, and the one definitely marking the correlation of ideas, or the relation between."

INSPIRING WRITINGS

Sacred signs

Flame in chalice
Father--fire. Son--fire. Spirit--fire.
Three equal. Three indivisible.
Flame and heat--are their heart.
The fire--their eyes.
The whirlwind and the flame--their mouth.
Flame of divinity--fire.

Father--the peaceful. Son--the peaceful. Spirit--the peaceful.
The three equal. The three indivisible.
The blue sea--is their heart.
The stars--their eyes.
The night dawn--their mouth.
The depth of divinity--the sea.

Know, Stone ! Guard, Stone !
Fire, hide ! Be lit by fire !
By the red, the courageous;
By the blue, the peace-filled;
By the green, the wise.
Know alone. Guard, Stone !

From a poem by Nicholas Roerich
in Flame in Chalice

"One should not hesitate.
Walk like lions !
Righteousness adorns your armor."

Leaves of Morya's Garden vol 2
(Illumination), § 24
in Agni Yoga series

To Him

Finally I found the hermit.
You know how difficult it is
To find here on earth a hermit.
I asked him whether he would show me
The path and would he accept
Graciously my works?

He gazed a long time and asked
What is the most beloved thing that I have.

"The most beloved thing?" I answered.
"It is Beauty."

"The most beloved thing
Thou must give up."

"Who commands it?" I asked.

"God," answered the hermit.

"Let God punish me--
I shall not give up the most beautiful
That will lead us
To Him."

Freely translated from a poem
in Flame in Chalice by N. Roerich.

"Friends, matter is not manure
but a substance radiant with possibilities"

New Era-Community §123
from the Agni Yoga series

"The new ones will express their thoughts
briefly and lucidly.
Each epoch has its own aspirations.
At one period they denude the stone
of its setting.
At another they embellish it beyond
recognition.

Leaves of Morya's Garden (the Call)
Volume I § 244

New era: Community

"Courage opens all doors. 'It is impossible' we utter ourselves; whereas all that exists cries out 'It is possible'"

§ 58

Affirm the spirit as of matter and remember how the heart trembles before the radiance of the mountains."

§ 82

"one should expel all words of negation. He who denies is poor; he who affirms is rich. He who denies is immobile; he who affirms is propelled. He who denies is constantly wrong; he who affirms is always right. He who affirms can be relatively right in place and time; he who denies is absolute in deadliness. Ignorance is the mother of negation. Expelling negation, the Teaching enslaves no one. The denier is already a slaveholder for he does not wish to let his interlocutor go free from his circle."

§ 139

To affirm, to make firm, in acts.

"Side by side with precision stands eternal vigilance. Not the cold advice of decadent wiseacres: 'Be not surprised at anything' but the flaming call--'Be eagle-eyed'. Such intensity is not a taut cable ready to break, but the rainbow of foresight.

A warrior on guard is filled with the light of possibility. True, he is astonished at nothing, for he foresees the birth of new possibilities." § 152

"An invited guest finding one door bolted does not leave but goes all around the house and examines all the entrances.

Be able to discover possibilities in imperfection" § 226

"Pure thought saturated with beauty points out the path to truth

...

It is not quite correct to say that beauty will save the world. It is more accurate to say that the realization of beauty will save the world." § 27

"That man is called hero who acts selflessly, but this definition is not complete. He is a hero who acts self-sacrificingly, unwaveringly, consciously and who, acting in the name of Common Good, thus brings nearer the current of cosmic evolution."

§147

"on awakening remember the far-off worlds; on going to sleep, remember the far-off worlds."

§ 29

"As Moses brought forth human dignity, as Buddha impelled toward the broadening of consciousness, as Christ taught the good of giving, so now the New World is directed toward the far-off worlds"

§ 81

"The secret of the future lies in the impetuosity of striving."

§ 99

"But the least of these turned to the shining stars and said 'Hail to you, brothers' And in this salutation of daring his ego vanished."

Agni Yoga, § 12

RIGHT ACTION

At one time or another each of us has accomplished a right action. Whether threatened by danger, under inspiration or without any particular circumstance, we have suddenly known what must be done--without thinking and without feeling the right deed is made.

How can we characterize this situation? Any personal reference has disappeared. There is a direct perception of what is necessary and a direct transmission to the organs of action. The response or the act has not even been formed in the mind, but a current surges and the impulse to act is clear and defined.

The most exact term for this is alignment. Alignment between the source of consciousness and its instrument, direct current, light in a crystal.

"Everyone experiences inner relief when he knows that he is acting as he should."
Fiery World II § 320

To ease what pressure?

What are the obstacles in ordinary times?

What matter is resisting?

How can a current of clear perception, of direct transmission, and of right action be maintained?

What current is used? What are its characteristics?

Light, Precision, Distinctness of Vision, Directness, Immediate, Magnetic, Lively, Light

...

How can this alignment be maintained?

Can this be called the Voice of Silence, this which speaks to the heart, until the noises interfere? Psychology: logos (word and principle) of the psyché or consciousness.

Within clear perception, the Word speaks of right action and the Word becomes a concrete act (in other words, the Verb becomes flesh).

Can one train oneself to transmit the current and to practice alignment? Of course one only has to listen to the voice of the consciousness. A few quotations may explain this phenomenon, and an exercise (based on "Being, being here", see further) may help us approach the right action.

Training oneself to right action

Practice first the exercise quietly in thought,
then practice it in the situation.

Realize space, or background, on which the situation takes place.

Perceive the relations between the various elements (including myself)

Realize the possibility to act (through radiation)

Express what is right.

Alignment

A line symbolizes a trajectory, a transfer of point of view, a descent of energy or an uprising in consciousness. One says sometimes that the goal of life is to ground Spirit in matter, to link the Highest and the Lowest, that is to draw a line from the top to the bottom. The aspirant tries to contact the source (s)he perceives there, up; the disciple – which submits himself to his (her) own discipline, to the rules (s)he gives to oneself – grounds himself in that source and radiates, manifesting it in the daily circumstances, toward the bottom hence.

During the meditation, the alignment begins with the vertebrae, muscles relaxed, these vertebrae superimpose, supporting the skull, the top of the head is free for receiving the inflow. The bony posture is the lower layer of alignment, an healthy food produces a fluid blood circulation and the nervous system becomes quiet, without special stimulation. The physical body is then receptive, the affective body is clear as the surface of a lake and is awaiting the impression, thought is clear, that means that the attention is free, without worry, letting go associations of ideas as clouds swept away by the wind. Then the sun in a clear blue sky – or the stars at a more advanced step – appears. This is called to align oneself.

In more technical terms

"It is in the aligning of the three vehicles, the physical, the emotional, and the lower mind body, within the causal periphery, and their stabilising there by an effort of the will, that the real work of the Ego or Higher Self in any particular incarnation can be accomplished.

The great thinkers of the race, the true exponents of lower mind, are fundamentally those whose three lower bodies are aligned; that is to say those whose mental body holds the other two in circumspect alignment. The mental body, then, is in direct communication, unobstructed and free from interference, straight through to the physical brain.

When the alignment is fourfold and when the three above-mentioned bodies are aligned with the body of the Higher Self, the causal or egoic body, and held steady within its circumference, then the great leaders of the race,- those who emotionally and intellectually sway mankind - can be seen working; then the inspirational writers and dreamers can bring down their inspirations and dreams; and then the synthetic and abstract thinkers can transfer their conceptions to the world of form. It is, right through, a question of an unimpeded channel. Study, therefore, in this connection and when time permits, physical coordination; then to physical coordination add emotional stability, and you have the two vehicles functioning as one. When the coordination extends to the mental body, the threefold lower man is reaching his apotheosis, and has rung most of the changes in the world of form.

Later comes coordination perfected with the Higher Self, the channel of communication reaching in line direct, -via an unimpeded funnel, if so I might express it- to the physical brain consciousness. Heretofore it has only been direct at rare intervals.

For the average man, then, this alignment occurs only at intervals,-in moments of stress, in hours of needed humanitarian effort and in times of intensest aspiration. Abstraction of a more or less degree has to enter in before the Ego takes continued notice of the personality or lower self. When that abstraction involves the emotions, is based in the mentality and contacts the physical brain, then alignment is commencing.

Hence the work of meditation, for it tends to abstraction and seeks to awaken to abstract consciousness both the emotions and the mentality."

Letters from Occult Meditation by Alice Bailey (p. 1-3)

The crystal as a symbol

The visual symbol which seems to correspond the most exactly to right action is that of a dazzling crystal of white light.

A transparent crystal, vertical, with clear and straight outlines, which envelopes the physical body and leaves it free in its movements. In this crystal, for the human being or mature adult, the self-expression of perfection is possible upon earth.

The exercise is directly adapted from the Martin Muller's work Prelude to the New Man, and is shown further under the title 'BEING, BEING HERE' but, first of all, let's look at the passage where he defines maturity:

Maturity

"It is customary to declare adult the child, who having reached a certain age, is judged to know how to use his physical, affective, and mental faculties so that he may take an independent position in the play of society. In everyday living, the transition from the egocentric position of acquisition for the benefit of the person to the position of conscious utilization of this person to perform a social function, introduces the state of true adulthood."

If the child proceeds from the concrete towards the abstract, from the sensory to the non-sensory, he gradually makes the transition to the adult position, realizing that he himself bears responsibility for the causative impulses in the play of affinity and learns how to handle them ...

"the training that he undertakes is not for his own satisfaction, which would make it merely another form of acquisition, but for the purpose of enabling him to actualize the Divine. It is possible, however, that the initial motivation may apparently be acquisitive, but is in fact a response to unconscious promptings of the deepest kind. Though the transition to the state of true adult may not be made immediately, training toward a more objective and radiating position will show the way.

It remains evident that each human being must learn the functioning of his person (persona = mask, instrument of expression) and the nature of the environment or "area of play" in which the process of actualization takes place."

Prelude to the New Man
An Introduction to the Science of Being
by Martin Muller (pages 7-8)

The exercise "Being here" as well as the perseverance in the contact with the Self promotes maturity and gives an insurance, a responsibility, a humaneness which we did not dare to hope.

3. MATTER FOR EXPERIENCE

THE STUDY OF SYMBOLS

"Symbols have to be studied in three ways:

a. Exoterically. This involves study of its form as a whole, of its lines, and therefore of its numerical significance, and also study of its sectional forms --by which I mean its arrangements, for instance, of cubes, triangles and of stars and their mutual inter-relation.

b. Conceptually. This involves arriving at its underlying idea, which may be expressed in its name; at its meaning as that emerges in the consciousness through meditation; and at its significance as a whole or in part. You should, when doing this, bear in mind that the idea connotes the higher or abstract intent; that the meaning is that intent expressed in terms of the concrete mind; and that its significance has in it more of an emotional quality and might be expressed as the type of desire it arouses in you.

c. Esoterically. This would cover the effect of the force or energy upon you and of the quality of the vibration it may arouse in you perhaps in some centre, perhaps in your astral body, or perhaps only in your mind.

This study, rightly undertaken, would lead to the unfoldment of the intuition, with its consequent manifestation on the physical plane as illumination, understanding and love.

In the first instance, the objective of the study of symbolism is to enable the student to sense its quality and to contact that vibrant something which lies behind that aggregate of line, colour, and form of which the symbol is composed.

I would ask you to render not only an intelligent interpretation of the symbol, but also a recognition of the more subtle reaction of your sensitive feeling nature to the symbol as a whole. Study a total of four symbols a year." GLAMOUR, A World Problem (p. 7-9)

Another reason for this study of symbols is that everything is a symbol, precisely "The wise student will likewise regard all forms of expression as in the nature of symbols" CF p 1233

Coming back to the process,

"We have consequently the following stages in the analysis of a symbol:

1. Its exoteric consideration : line, form and colour.
2. A comprehension in the astral or emotional body of its quality, the reaction of a sensitive response to the impact of its qualitative nature.
3. A conceptual consideration of its underlying idea, of what it is intended to teach, of the intellectual meaning it is intended to convey.
4. The stage of the synthetic grasp of the purpose of a symbol, of its place in an ordered manifesting plan; of its true unified intent.
5. Identification with the quality and purpose of the symbol as it is illuminated by the mind 'held steady in the light.' This final stage brings into activity the brain as well as the mind. "

GLAMOUR, A World Problem (p.10-11)

6. Identification with the essential vibration sustaining the purpose. This step is for much later.

"Study a total of four symbols a year"

Glamour a world problem, p 10

Then we shall study for this booklet the four following symbols:

- A red circle with three red points in the center



What do you feel?
What state of mind is induced?
What is its meaning?

- -A blue circle with a red, blue and green point in the center:



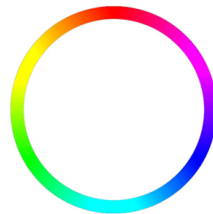
An exercise (see chapter one) suggests an approach.
What state of mind is induced?
What is its meaning?

- -The five-pointed star:



What is its meaning?
A trial approach is proposed in the following pages.

- The chromatic circle - the circle of all saturated colors.



What impression do you get ?
How do you feel ?

Why these symbols ?

- the red circle and the three red dots, called the Sign of Peace. It was conceived by Nicholas Roerich, some associate it with "the mark of the Saviour", about which the Rule 12 (Rays and Initiations) speaks, "a new way of saving humanity", therefore a new way of working with spirit.

- The blue circle with 3 dots inside, red, blue, green, sometimes called the emblema of illumination.

A diagram (Rays and Initiations p 456) depicts the Monad as 3 dots in a circle and we relate it to the sign of Peace. The soul is also depicted as 3 dots in a circle. As it is the second aspect of man, we choosed the color of the second ray for the circle (i.e. luminous blue) and the colors of the 3 rays of aspect for the dots (see Tabulation Rays Volume 1 p 418-420)

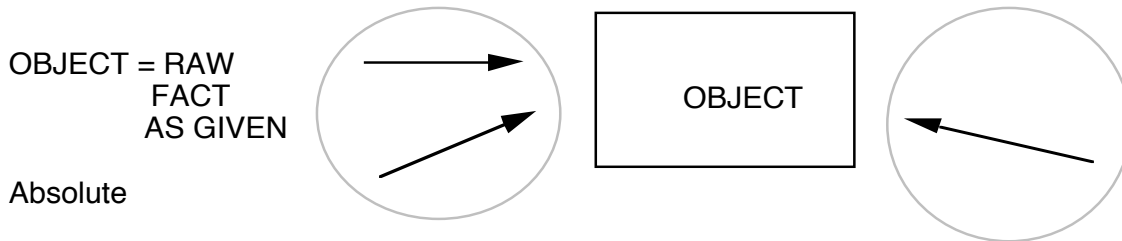
- The chromatic circle. It is a whole panel of saturated colors and it shows a continuous change and harmonious diversity.

- The 5-pointed star. Five is the number of man - of manas. Man has also 5 senses ... It is the star of the One Initiator, so it could be useful to study it.

These quotations and arguments are distant echoes of some sources, are they distortions ? External voices may indicate -show the way- but only experience convinces. Repeated, careful experiments give way to reliable experience, and so we know the truth in ourselves. Let us experiment. Let us try. Let us observe.

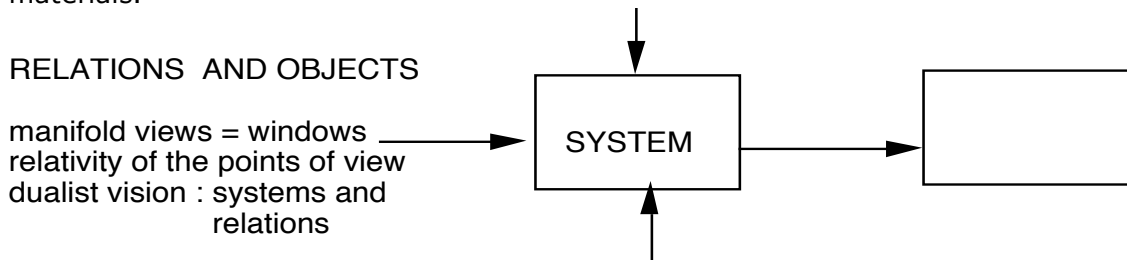
ABOUT THE BLUE CIRCLE AND IDENTITY

The following diagrams may help to get into the meaning of the blue circle. They are showing a progression of the level of consciousness during the 20th century, as it can be observed in the companies and social life. Many things and theories depend on the level of identity, for human beings project outside of themselves their conception of themselves.



link with with the observer not taken into account

The first level -basic in ignorance so to speak- assumes that things are as they are. They exist independantly of the observer. and they are considered as bare facts or raw materials.

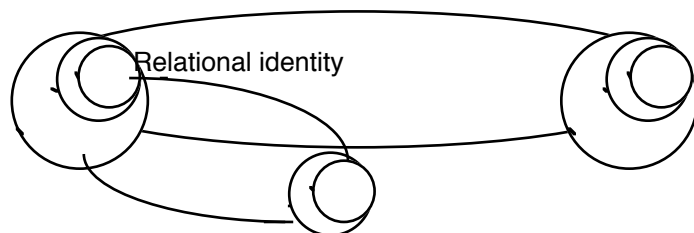


The second level has been promoted by the systemic theory, developing the idea of relationships. Here the relation of things to the observer is taken into account. This level is the basis of most of the progress since the last decades, be it in the field of communication, therapy, business management ... It enables to say that the participant is part of the system and has to acknowledge its own participation, therefore its own influence on the system behaviour.

The third level is based only on relationships. Whereas the second level distinguished systems and relations making thus a duality of nature, this third level recognizes that all is relation. Even the systems are relations to themselves, even human beings, companies, processes are relations to themselves, -relations to their body of matter, relations to the past, memories, relations to their goals, objectives, aims .. This level is based on a mathematical theory discovered in 1945 by Eilenberg and Mc Lane, called the theory of categories. In this theory everything is an arrow, some arrows are returning to their origin and among them some arrows are neutral elements -ie identity- for the composition of arrows. These neutral arrows called 1_x , 1_y , are identified with the points x and y .

NETWORK OF RELATIONS

RELATIONAL IDENTITY
relation to self, to one's
memories, beliefs ...



For us, this is a model of the soul level. The soul can be seen as a relation to oneself, the self being considered as a relationship, as a process connecting itself.

This third level has the advantage of having only one nature of things, while the second level had two natures : systems and relations being different. The second level

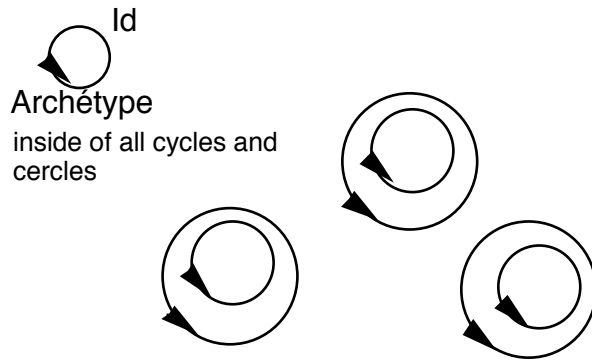
could not describe how the systems - individuals or teams- learned something since the system remains out of the pattern of relations. The third level describe a learning as a new relation to oneself.

The fourth level describes selves, which do not need relations between themselves. In a way, it describes the triadic level, where

things are based on oneness and relations are not any more necessary. The word "relation" comes from the latin and means "to be laid again". The first "laying on" is the existence of things -their co-existence- and relations come only after.

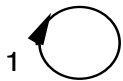
ESSENCE IN ALL

Tension of the current : lamps
 Atmospheric pressure : Wind
 Degree of humidity : dew



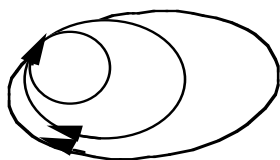
The Self, I and Me

THE TRANSPERSONAL SELF

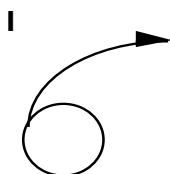


The SOURCE OF CONSCIOUSNESS
 The inner Self who plays through the person
 Neutral element in any relation to the world
 Relation to oneself devoided of any content

ME



THE IDENTITY SUCH AS I DEFINES MYSELF
 individual self
 equipped witha content : name, age, sex
 fruit of the past : education, beliefs, ancient patterns



VARYING SUBJECT OF THE PERCEPTION
 Subject of the talk
 Identifies oneself to a phase of the action
 to a level of consciousness
 Moving point at the origin of the attention

The self, the me and the I describes three ways of considering oneself. The "me" is the concrete personality with its social content, the usual center of behaviour.

The Self is devoid of any content and is related to the Soul, it is the basis of the permanency of the consciousness, of the building of the body, of the attraction of experience.

The "I" is variable, it can be at sensory level when it says "it hurts me", "my foot is aching", it can be at affective level when it says "I'm glad to ..." it can be at mental level when it says "I think ...". This recognition of the "I" comes from Doug Russell.

THE CHROMATIC CIRCLE

"The work then to be done consists of ...

Causing the causal body to grow and expand from being a colourless ovoid, holding the Ego like a yolk within the egg-shell, to a thing of rare beauty, containing within itself all the colour of the rainbow."

Letters on Occult Meditation p 31

"The causal body acts as a synthesis of these colours in the life of the reincarnating Ego ... Endeavour to keep clear in your own mind ... that colours are the expressions of force or quality"

Letters on Occult Meditation p 228

CORRESPONDANCE COLOUR-QUALITY

Any colour evokes an impression in our field of consciousness and, along the works of Psychosynthesis and of Integral Psychology the following definitions of the qualities are associated to the basic colours : RGB and CMY.

Red **Dynamism**

ability to renew the orientations and to take all necessary means in order to achieve that goal.

Speed of reaction is not necessarily dynamism

Blue **Rigour**

ability to follow a planned, determined line and to proceed logically

Green **Adaptation**

ability to react according to the environment and the partners

Cyan **Opening Communication**

ability to link (to accept and to include) facts, ideas, partners

Yellow **Harmonizing Complementarity**

ability to achieve a satisfactory agreement for all points of view and to benefit from different alternatives

Magenta **Optimizing Perfecting**

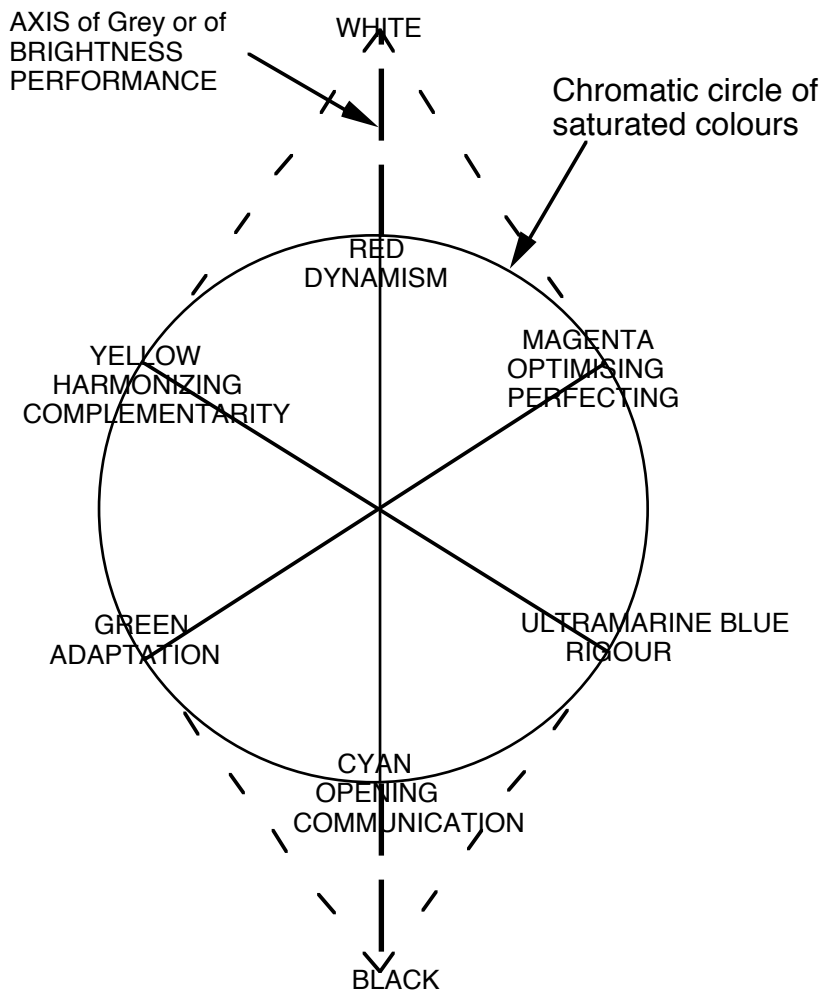
ability to improve (activities, procedures ...)

EXPERIMENT :

In front of the chromatic circle, can you isolate one hue and -after contemplation- express the related quality in words ?

The international representation of colour

Colour is now represented (Union Internationale de l'Éclairage, [Gerritsen, 75]) by 2 half-cones. These half-cones join in the circle of saturated colours and revolve around a symmetry axis, the axis of Grey, going from Black to White. The B&W axis refers back to a linear axis, to quantity (0% -100%) and to analytical thought. Colour is 3-dimensional (we prefer here the RGB frame to the HSL frame). This definition on 3 axes is a most profound characteristics of colour and it opens a new space : if there can be a compromise or a balance between 2 poles, the third one offers definitely a new vista, diversity, gradation as shows the chromatic circle.



The correspondence QUALITY COLOR in 7 axes

Color is represented by two half-cones, joined by a circle, the circle of saturated colors, which is shown below.

The three major colors RGB are representing 3 qualities.

The three minor colors CMY represents the quality given buy the two neighbouring axes. For example, Yellow is the addition of Red and Green.

The axis of Grey represents the binary dimension, said of global perfomance.

Observe how the Luminous Blue (Ray 2) related to Love has turned to Cyan, and a deep Blue related to pondering and concrete Knowledge has turned to an Ultramarine Blue, one the three basic colors.

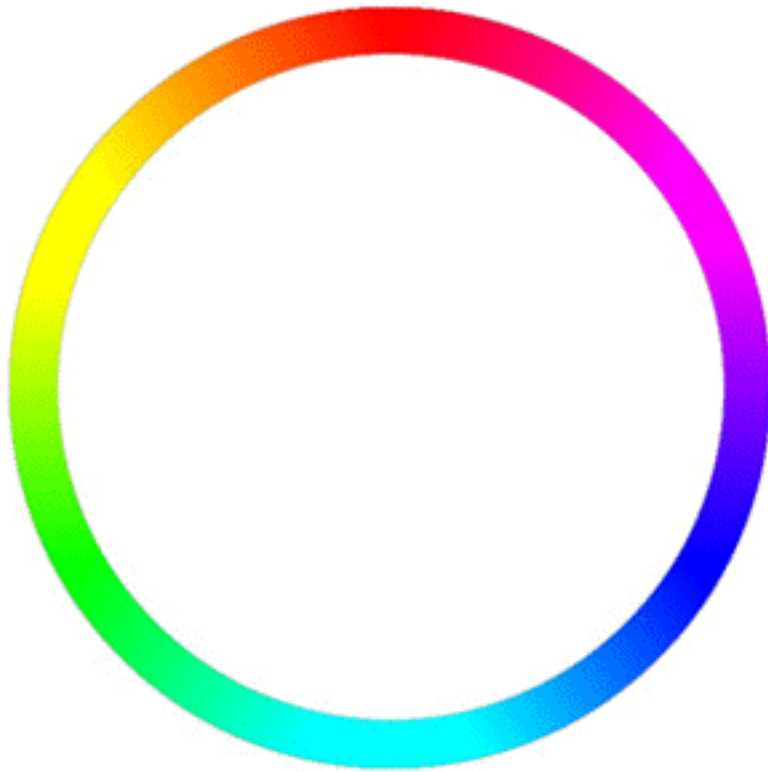
Source of Consciousness

EXERCISE : Going back to the chromatic circle, contemplate it calmly. What is happening in the center ?

Can you visualize a movement going upward or downward ?

Which impression do you get as a whole ?

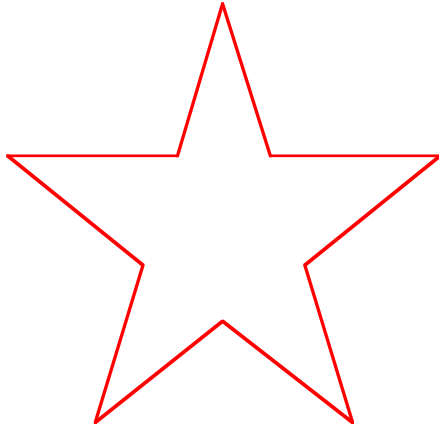
You may come back later on this subject, reality stands and awaits us.



THE FIVE-POINTED STAR

The star is light making irruption in the darkness. This star is unfolding the number 5, one at the top, two at the bottom, an horizon in between.

The 5 points of the star are located at 3 levels which may be explained as follows:



UNITY

EXTENSION

DUALITY

These 3 levels can also be understood as:

PRINCIPLE	BEING	LIFE
RADIATION	CONSCIOUSNESS	QUALITY
CONCRETION	ACTIVITY	APPEARANCE

Can we think of other ternaries linked to the star?

- How can we reconcile opposite pairs (in the study of duality) ?

"I think this, I like this and not that". This is the level of duality. Why is there friction?

Where is there friction?

From where comes the resistance to change, the attachment to existing form?

- When we are observing an object, present facing it, there are perception, resonance, and inclusive precision.

This is the level of radiation.

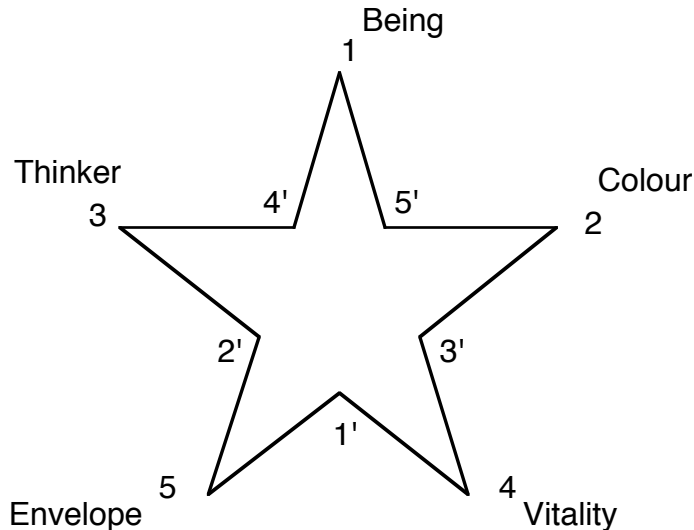
Note:

The Treatise on Cosmic Fire (p. 316) and The Treatise on the Seven Rays give several hints:

ELECTRIC FIRE	PURE ELECTRICITY	BEING
SOLAR RADIATION (consciousness)	MAGNETISM (electricity of form)	COHESION (of forms)
FIRE BY FRICTION	ELECTRICITY OF SUBSTANCE	ACTIVITY

The star and the nuances of thought

While continuing to reflect upon the symbolism of the star, and staying only on the mental plane, ie. on the thought activity level, one may allocate a meaning to each point of the star.



- 1 Perception of Being, abstract current
- 2 Quality of motivating impulse
- 3 Source of consciousness and cohesion
- 4 Logical trend or dynamism of thought
- 5 Concept, form or thought content

- 1' Meaning
- 2' Directed attention, "to look at"
- 3' Qualitative impact or charge
- 4' Nine aspects of observation
- 5' Colors or qualities transmitted by the Thinker

The lower levels of the star (1',2',3', 4 and 5) are relatively well-known to mankind. However, the upper levels are less familiar and the exercises presented here aim at helping us to grasp them.

- 1' is the meaning or signification of thought
and not the mind formulation 5
- 2' is the vision of the world, the attention given through our senses
- 3' is the Source of consciousness, or radiant point of light
- 2' is Color, which varies every day
(see the exercise herein on the 7 Subjective Qualities)
- Quality of reflection and of the grasp of mental matter, ie. color, is energy

- 4' Nine aspects of consciousness (see CF p 539-542)

Three of these aspects are concerned with the observation on the physical plane (while facing the object), three other aspects with the aesthetic level or motivation (in relation to someone), and the final three aspects with the direction of thought or the ability to perceive the universal precisely in the particular (insertion in the whole).

For therein lies the advantage of thought--once a fact is understood, this understanding may be applied everywhere. For example, when we understand that it is better to affirm the positive side of something rather than to emphasize its deficiencies then our whole behavior is modified.

Source of Consciousness

Upon each of these three levels (facing the object, relating to it, and reinserting it in the whole), three kinds of conscious light or attention can be distinguished:

- an attempt to perceive or to know
- fusion or resonance
- will or abnegation (necessary to stay present).

Eventually, this gives us (as called by Alice Bailey):

petals of knowledge: perception

resonance

alertness

petals of Love-Wisdom: appreciation

(mental) empathy

obliteration

petals of Sacrifice: will to insert in the whole

(in directing oneself)

will to serve

total abnegation

5' seems to us (we also are learning) to be resonance and emission of the seven colors by consciousness. The source of consciousness is itself colored by one of these colors, but it can tune in (to nuance itself) to each of them and transmit them in subnotes of its dominant color or as a rainbow .

In this manner an individual infused by the attractive quality of Love-Wisdom can transmit the dynamic and cleansing characteristic of Love, and another individual characterized by rigorous knowledge (even if love of truth is his profound motive) may tune in to the attractive and inclusive quality of Wisdom and manifest it.

- 1 is Being, or more exactly, perception of Being, symbolized by the pupil in the solar eye or by space free of any object.

Words may seem blurred or unfit, for language refers to experience but does not explain. That's why exercises are NECESSARY. You may approach the jewel in the lotus (called here the nine aspects of consciousness or 4' in the star)

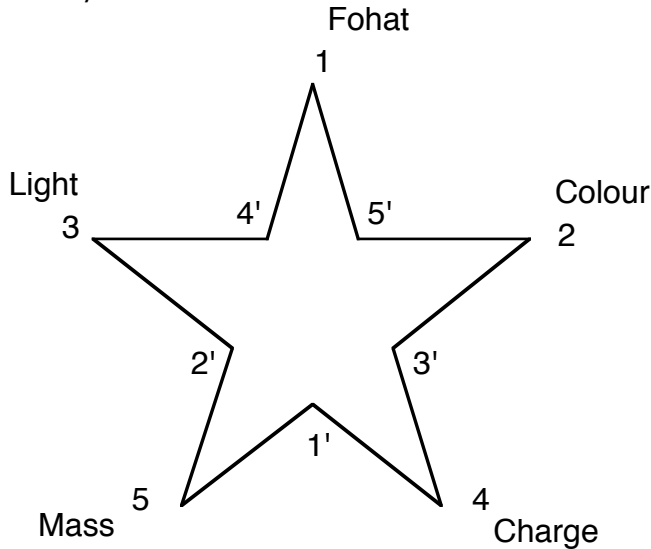
That which can't be perceived in the first six months can be sensed after several years. Is there beauty without difficulty, victory without striving?

Parallels with modern physics theory - as you find in the following pages- can only help us to specify these nuances of attention (and should not delay us). Let us not forget--in these two approaches to the meaning of the 5-pointed star, these are only approaches to interpretation--there are other interpretations. It is said in The Secret Doctrine that any symbol has seven keys. Its quality is what is important to perceive (and is beyond the intellectual interpretation of its essence).

Trial: the star and its meaning in physics

Science proceeds in 3 steps: observation, conception, experimentation. It's up to you to proceed with the observation, the conception, the experiment.

After pondering on The Treatise on Cosmic Fire, one may also formulate 5 points in the study of PHYSICAL MATTER



- 1 Emitting space, Fohat
- 2 Color or quality
- 3 Light or radiation
- 4 Electric Charge
- 5 Gravitation, mass, inertia

- 1' Receptive space, space-time
- 2' Gravitational waves
- 3' Color charges = quarks
- 4' Coherent light = Laser
- 5' Color radiation

5 The densest and most studied point of manifestation is gravity, which was expressed in the law of gravity. General Relativity describes this inertia as curved space, or as one may say, folds of the garment of substance. Mass may be represented as weights on a stretched cloth, curving space around itself. In fact, the law of gravity is the law of inertia of substance and is thus related to the fixity of the existent.

4 Electrical phenomena is the attraction-repulsion of particles of matter.

Note: The word "electricity" is used here in its original and mythical meaning (Electra, daughter of Thetys, the Ocean, and of Ouranos, the Sky). This meaning was transmitted to us by Helena P. Blavatsky in The Secret Doctrine and by Alice Bailey in The Treatise on Cosmic Fire. This is also the meaning used in the 4th Fundamental Postulate.

Thus are distinguished:

- | | |
|--------------------------------------|------------|
| Electricity or Life | 1st aspect |
| Electricity of form or magnetism | 2nd aspect |
| Electricity of substance or friction | 3rd aspect |

Modern science acknowledges only this third aspect in the word "electricity". In this booklet, we are mainly concerned by the 2nd aspect, electricity of form or cohesion.

1' Ordinary space-time or receptive space where events are happening.

2' General Relativity assumes that waves may be produced on the garment of space (so-called gravitational waves). Although such waves have been postulated by this theory, as far as we know they have not yet been observed.

3' Quantum chromodynamics describes the constitution of particles as being composed of 3 quarks which carry a fractional electric charge of an electron and characterized by a color: the three colors red, blue and green constitute a white or colorless particle.

4' The meeting point of the line 2-3: colored light and the line

1-5 : emission-fixity. The Laser is a coherent light with a fixed frequency.

1 Fohat: that which creates space and which is postulated by this reading of the symbol. The center of a mass is described as a black hole as absorbing every particle and ray of light.

Strangely enough, when one tries to be in a black hole by thought, one gets the opposite impression--that of a radiant power.

It's astonishing how parallels may be drawn between the "facts" of scientific models and "impressions" of the mind. Yet theoretical models themselves have been put forward as intuitive hypotheses. We assert that anything which may be known by our senses (from which scientific knowledge is derived) can be known directly and registered by the mind. This was explicitly said by Patanjali 11,000 years ago.

Indeed, these impressions are not fictitious, but can be distorted. Just as an instrument can be put out of order, the imagination can be burdened by personal and transitory elements. The sought-after or evoked impression is found at the core of thought (see "Right Action" below).

Contemporary science reflects the consciousness of mankind and acknowledges concrete levels (duality) while beginning to take into account the observer (here line 2-3). The points 1,2, and 5' remain to be discovered, but one may hypothetically describe 5' as an emission of a field of color.

1 (or Fohat) is in physical counterpart of the fourth Fundamental Postulate.

However, physical matter remains somehow external to ourselves, and the related theories or hypotheses even more. Thought is the closest, even if its laws and processes are a little difficult to grasp. Therefore it is easier and more important to precise the mechanics and nuances of attention.

Approaching the jewel in the lotus

The famous expression 'OM MANI PADME HUM' means 'Greetings to the jewel in the lotus'. The energies of consciousness - or causal body- are described in a Treatise on Cosmic Fire (see CF:818) as nine vibrations, as a wheel with nine spokes, or as a lotus of nine petals - 3tiers of 3 petals- surrounding an electric blue jewel.

See pages 823 and 539-542, 880-883, 1110-1116.

The first tier of petals resumes **Knowledge**, which is "the right apprehension of the laws of energy", of the handling of the substance in the three worlds, physical, affective and mental worlds.

The second tier of petals resumes **Love** abilities; "love is the right apprehension of the uses and purposes of form, and of the energies involved in form-building, the utilisation of form and the eventual dissipation of the superseded form". Thus, love as use of form resumes the experience gained and the faculty of expression in the three worlds.

The third tier of petals resumes **Sacrifice**, the ability to give oneself wholly, to give up possessions [objects, money, time], to give up the cherished ideas for the group work, and the sacrifice of all one has and all one is for the Work of serving evolution.

The jewel is indicative of the spiritual life hidden at the core of consciousness.

SUGGESTED PROGRESSION

[You can draw a big lotus as on Cosmic Fire p 823, or ask a lotus card to the Lucis Trust; then put the symbol in the middle of the group or in front of you]

Relax, and take three deep breaths. Sound the OM three times.

Align to your inner Self.

Visualize the full Lotus.

Get into the Knowledge petals, and stay there for a while.

Go into the petals of Love, and accept their radiance.

Make a step forward in the sacrifice petals.

Approach the jewel. Stay a while.

Accept and absorb the energies.

Then, when you feel ready, revolve

["In the center of all Love, I stand. From that center, I, the soul, turn outward"]

Take time to radiate the energies to the world

and to your personal world too.

Sound a final OM.

THE RING OF CONSCIOUSNESS

The body relaxed, the emotions quieted down, the mind clear and alert, we come into touch with the Source of Consciousness which we may visualize as a transparent sun above our heads.

Suddenly the sun radiates ten times brighter.

We imagine other suns which form a circle *

Each sun emits/becomes a particle of light which goes to the right. All the particles turn together in the ring of consciousness.

Feel closely the beam which is turning in the ring.

During one of its rotations. the beam passes through a focussing lens.

ABSTRACTION into the center

FUSION

RELEASE of energy

The released energy causes a great crystal of blue light to vibrate.

We orient our unified attention on the seed-thought:

"Energy is available when I recognize the need and when I take my place with my brothers in the whole".

Let us observe the need, and consider the work to be done to help to set up together the Temple of Common Good.

Let us visualize the radiation of the crystal pouring out on earth and let us affirm the meaning of our activity:

Let the Spirit of Truth guide

Let Beauty inspire all of our deeds

Let Peace stream forth into the hearts of men

Let every being radiate light

Let Love enlighten the world.

OM OM OM

* The other suns are the consciousnesses of all who are doing the exercise.

BEING HERE

The following pages have been extracted from a book "Prelude to the new Man, an introduction to the science of Being" by Martin Muller. We thank the team of this training for letting us reproduce it.

Santa Fe associates,
13823 El Camino Real
Del Mar, CA 92014 USA

For bringing about the desired integration of Real Man and apparent man, the following exercise is fundamental. It establishes the reversal of position from that of aspiration of the consciousness -taking for oneself- which is of a negative -personal-predominance, to that of actualization -emitting- which is a positive -nonpersonal-predominance. It allows a continuous pathway to be established between the deep identity and the person, and coordinates the principles and faculties involved in this study, contributing to a fundamental equilibrium. It should lead to the conscious awareness of Being and to its actualization as Presence, both directly and through the personal expression. For a beginner the pathway may seem for a long time to be only symbolic, while it rapidly becomes functional for the advanced student. Nevertheless, the effects are similar in each case. The difference is that the scale of conscious application is more restricted for the beginner, part of the pathway remaining in the supra- and subconscious.

...

Before proceeding, please note that when we speak of galactic or other levels we offer an image, the symbol of a principle. It is the principle itself that is to be contacted at any level.

First step :

Sit comfortably with back straight, close the eyes -inner experiencing- and feel being limitless, empty space. A radiating sphere spontaneously appears which is of a specific density, with a radiation which extends over a specific distance. The dimensions which presents themselves must be respected; they will modify naturally as one matures. The sphere that is produced is often made of starry light, though it is preferable if it tends toward a radiation with frequencies beyond any impression of color, however transparent or subtle. But in all cases, one must accept the image-impression which comes spontaneously. If it does not occur, maintain in your imagination the symbolic image of a sphere radiating infinitely, with space experienced as far lighter and more ethereal than the air-filled space with which we are familiar. It appears as boundless, containing no clouds or celestial bodies, even no variations in density. It must be absolutely free.

Then live this radiating space, keeping the attention on the emission at the maximum possible intensity. At this point, the person is totally forgotten, although there is an acute consciousness of radiating. Maintain the maximum radiation long enough to become well aware of it; then suddenly, without transition, radiate one hundred times more intensively until an absolutely clear feeling of infinite freedom suddenly appears, accompanied by the definite impression of being finally oneself.

At first you might tell yourself that, since the radiation is already at maximum, it is impossible to suddenly intensify it one hundred times more; however, it *is* possible; it must be done. Indeed, in most of our work, the first maximum simply represents the limit of our personal field, beyond which vibrates the non personal world. The term *one hundred times* stronger is not really intended to designate a numerical value but to convey a *many times more* which will blast the personal limits. When this is done one experiences how much more intensely and freely it is possible to radiate in objectless space. The radiation changes too and becomes clearly more ethereal. With the limit of the personal level cleared, expansion is generally spontaneous, but it must in any case be maintained without interruption until the signal "finally oneself" appears; it may happen, however, that the increasing is slowed down for fear of going too far, so that the

signal does not appear. This is a groundless fear. If one radiates in a way which feels too intense, the signal will simply appear a bit faster.

It is important to clearly realize that in this type of exercise the qualities and intensities of the personal radiation and those emitted beyond are of a different order. In any case, it is not possible to radiate beyond oneself, the maximum point being of being fully oneself. This very signal "finally oneself" or "finally free" indicates that the consciousness has reached its deepest identity for a given moment. Even if this is only through a single accessible aspect of the identity, the effect will prove to be so marked that it will remain as a future point of reference.

As soon as that point of being fully oneself is reached, the radiation naturally stabilizes. Having thus maintained a radiation of Presence to the point of obtaining a feeling of plenitude - the plenitude of Being, functioning fully- or the plenitude of freedom which is the plenitude of Being, experience internally the state of being a sphere of energy, the core of which has a human appearance, and radiates infinitely and freely. The position of Being of Energy is located in nonpersonal dimensions, and at first can barely be sensed. It is experienced as more abstract and vaster than anything previously known. Representing the deep identity, it acts as a variable that is accessible to the consciousness perceived as Being. With training the state of Being can be consciously lived with a reality and an authority inconceivable at the start.

Second step :

The fundamental position being clearly established, it is possible to move on to the next step, that of a radiating sun. This sun spontaneously appears as soon as the objectless space is left in order to face the planet. The tall human form that is distinguished in the core of the sun seems to be entirely made of light. Generally experienced as intensely luminous and radiating, it vibrates very clearly, almost transparently. Live fully the symbolic image of Being of Light facing the planet, the fundamental experiencing remaining that of radiant energy. During the change of dimension one tends to automatically abandon the practically infinite state for identification with the state of Being of Light; but it is very important that the first identification with the Being of Energy be maintained. When the aspect of Being of Light appears, remain fully conscious of the fact that you are always and fundamentally Being of Energy radiating almost infinitely, and must descend (change dimension) toward the Presence-form of the Being (sun) of Light in which you enter. The personal consciousness registers the sun as intensely luminous and radiant, spreading a sort of golden halo. One must realize that the very fact of being in a "body" of Light (having a concentrated and textured support) makes possible effective nonpersonal expression and forms a link to the human condition.

Third step :

The task now is to be present, not facing the planet, but clearly on earth as a functional unit of the planet as well as of humanity. Maintaining the experiencing of Being of Energy and Being of Light, descend to integrate into the white form of Human Being. In the preceding position, any personal situation, necessarily objectively considered as a problem per se, was finding a solution as a function of human evolution. In the position of the third step of Human Being, any situation is objectively considered and processed with regard to the particular function to be fulfilled.

The stature of Human Being is experienced as smaller than that of Being of Light. The energy emanating from it gives a magnificent white halo far more concrete than the fine solar radiation.

As we have seen, a perception of an energy (radiation) is not necessarily characterized by an impression of color. When the normal perception is replaced by a more acute sense of the nuances of the energy itself, such as its intensity, purity, frequency, and type of propagation, there is a capacity for apprehending and utilizing very abstract concepts or situations. In such a case, the absence of the impression of color because of the degree of abstraction must not be mistaken for an absence of impression due to lack of perception.

For the personal consciousness, the situation can now be described as follows : the Presence of Human Being appears predominant because it is more immediately tangible,

more textured. But co-existing in and through this, growing vaster, more powerful, more impressive, but also more ethereal and therefore less immediately perceptible, the Presence of Being of Light is perceived. Finally, transfusing all, there is the infinite radiation of the Being of Energy.

These foregoing three steps must be thoroughly lived before proceeding. It would be a natural outcome of development for the usual consciousness to apply a kind of predominant value to the most concrete Presence, because it usually encompasses the whole of attention. But the proposed exercise requires the shifting of this impression of predominant value to the Being of Energy "trans-appearing" through denser and denser textures. The colors (or nuances of energy) give an impression of sharpness, purity, transparency and very great brilliancy; the radiation is easy and free.

During the process of integrating the three levels, it is important to avoid two possible pitfalls : the first consists of an error of interpretation; the second of a psychological disturbance which must not be admitted in the exercise. The interpretative error occurs when in making the transition from the immense to the finite level one experiences a feeling of limitation, confinement, or descent into a funnel. This is a natural feeling, reminiscent of incarnation on the physical plane, occasionally produced during the transition from Being of Light to Human Being, or more often in the final stage of integration in the person (the next step). The feeling occurs when the attention is mistakenly centred on the physical person into which one believes everything must be compressed. The feeling of confinement disappears if the attention is shifted to the deep identity and anchored there. The second difficulty may occur when, during the transition from the second and the third step, it is not possible to imaginatively experience a glaring white halo and the white dress of the Human Being persists in remaining dull. In this case one is consciously or unconsciously refusing the symbolized condition because the Human Being cannot radiate in this way. If the denial presents a negative predominance, there is a psychological rejection of the person. This is generally the result of one or more deep psychological traumas, sometimes provoked by bodily accidents in which real or imagined injuries violate the physical integrity. If the refusal presents a positive predominance, it is the state of Human Being that is not accepted, that is to say, the human condition itself is judged intolerable. Such cases are rarer and naturally pertain to ontology. If the integration exercise is really practiced as an integration, it will constitute a sure aid in both cases, but especially in the latter.

Fourth step:

The first three steps of the exercise bring into action the nonpersonal functions. Generally the state lived corresponds to the one of Real Man as opposed to the person or apparent man. For the exercise to be psychologically valuable it must be established as far as the level of the habitual expression of consciousness. The integration must thus be pursued as far as the apparent man. The radiations must be lived (first symbolically) from their own medium down to and including the person, the whole being integrated by the clear experiencing of bringing them forward, then vibrating them in the person which leads to the characteristic experience of "Being Here". There is an extremely close relation between the person and the Human Being. Actually, it is the person that performs the function of providing the support, which permits the expression of Human Being, with of course components of the Being of Light and Being of Energy. ...

The state comprising the three preceding steps having been fully experienced, the next step is to descend as far as the person and interpenetrate it. To do this, the person is imagined as standing upright, but at first with a more ethereal aspect than the usual physical one. Experience the Human Being, then see against this white background the form of the person like a relatively dark zone which emits its own radiation. When this experience is familiar, one customarily views the physical body simply as "densified" energy, the limited concept of matter being retained only by the consciousness. This view makes it a little easier to experience the play of currents in the person.

The person is found to be a sort of copy of the Human Being or white Presence. The white color is the synthesis of all colors, or here, the base form which all rainbow colors come. In principle, the person, being the expression of Human Being, will radiate all colors. Practically however, whoever is doing the exercise at this level will radiate more

or less clearly and with certain predominances and gaps, as the instrument of expression is not universally the same and consistent. In general, however, a multicolored radiation is presented with a transparent halo forming a relatively tall ovoid around the person. When it is less defined this often has a greyish quality. It is necessary to become aware of the fundamental difference between the energetic radiation of the person (which is not our concern here) and that of Human Being. One must recognize the fact that the first (the energetic radiation of the person), however positively one tries to experience it, is of a negative predominance, while the second (that of Human Being) is clearly positive. In this exercise, there is now collaboration between positive Presence and person, between non-personal and personal.

...

Sixth step:

This step synthesizes all of the preceding work. To begin with, very quickly but precisely, experience each of the steps undertaken so far ... Apprehend both the whole and, at the same time, each part individually. Feel yourself infinitely present all the way from Being of Energy to the person, each step of Presence centred on the axis of the person with response from the latter. This last point makes clear the difference between "being somewhere", no matter how intensely, and "Being here". The "here" must be experienced, really lived, until one has incontestable conscious evidence of it.

To end with, try to carry the feeling of intense presence of Being here, beyond the exercise and into daily life. After some time of training, one should be able to wilfully trigger the radiation-feeling of intense Presence of Being here almost instantaneously.

Finally, two fundamental observations should be noted. When you have sufficiently practiced the exercise and the play of the nonpersonal dimension has become more precise and actualized, you may possibly discover a new aspect of yourself: a real, intimate and genuine feeling of Being that is experienced as identical of Itself, unchanged and unchanging (as the saying goes) and thus apparently independent of the experienced play whatever the nonpersonal level, whatever the (symbolic) form, whatever the density (or finite radiation) surrounding you. The Immanent Presence abides in and through all activity. There can be no true consciousness of Being without this experience. The other observation pertains to the integrating action of the exercise. We have already seen that when someone is observed in profile, the axes of Light and Human Being are found behind (in back) of the axis of the person, at a distance inversely proportional to what one may call the degree of realization of Being. The exercise has the effect of bringing these axes and thus the corresponding structures at least temporarily closer. This is what brings about the distinct experience of Being Here. If the exercises are repeatedly and genuinely lived, the structures are lastingly brought together. The actualization of Being here is manifested by the coincidence of the axes or by the interpenetration of the structures, which amounts to the same thing, so that the person seems to be the center of the structures. This is what we term integration.

Summary of the procedure:

Imagine and feel yourself to be a radiating sphere in an infinite space devoid of any object or presence. Radiate stronger and stronger, further and further, until a maximum is reached. Maintain this state for an instant then suddenly, without transition, radiate one hundred times stronger. Continue to increase the intensity until a new feeling is produced, the feeling of having arrived at the point of being finally oneself or finally free. Live fully this freedom of unimpeded radiation.

Fully be self and infinitely free, descent until facing the earth. Become aware at this moment of becoming clothed with Being of Light and fully experience its characteristics, its intensity. Realize that in Being of Light one yet remains above all a Being of Energy, the infinite radiation providing the dynamization, the Being of Light the expression. Then experience the difference between levels of Being of Energy and Being of Light with respect to their capacities for expression.

As Being of Light, descend to earth and become clothed with the Human Being. Realize that Being of Energy remains present and active. Experience how this last step contributes to the preceding ones. Dynamize the whole and experience the resulting intensity.

Incarnate in the ethereal persona, then in the physical person, imagined standing. See that the radiations keep their fullness. Become aware of the feeling of collaboration.

Become aware of the person with its particular density, radiation and nuances. Experience the effect of Presence. Instil the positive radiation successively in the zones of the head, thorax and abdomen...

Quickly become aware of each of the preceding steps in turn, then experience the whole as an integrated unity centered on the axis of the person. Experience the progressive process of integration from Being to Presence at the level of the person. Notice the specific feeling of Being here or finally here. Experience once more very intensely Being or Being finally oneself. Finally, verify if Being is really always present, independent of the experienced play but existing in and through it.

Finish this exercise by approaching daily life with the intense feeling of Being here.

The exercise: Being, Being Here

The exercise should be executed rapidly with a lively spirit, very simply and lightly.

Relaxed, we are all at once in space
free, free of everything.

Then we are the sun facing the planet
- a horizontal relationship is established
Sun among other suns (magnetic relationships)
Then we are solar light (note the difference)
Sun facing the object -horizontal relationship
Then sun on the planet -a vertical axis appears
A vertical dazzling crystal of fine white light,
In the crystal we stand, free, mature adults.

At will, we become the sun facing the planet once more,
solar light, free space.
Then space is bathed in solar light,
The sun descends upon the planet
- vertical axis - crystal
We are crystal...

FLOWER OF FIRE

All of a sudden we are in empty space, free

One flame

We send arrows into the flame

or emit a ray into the fire.

(If we are aware of our body, the emission starts from the center of the breast).

Shape a flower in the flame.

Progressively fashion petals, stems, and roots complete with nuances of color.

Patently complete the flower and observe it.

Then seek a place to plant the flower. Once such place is chosen, carefully settle the roots in the ground, so that the plant may grow and flourish.

Greet the flower of the fire.

The goal of this exercise is training for creation.

Three phrases appear:

Direct impulse or impetus

Formation or conception

Implementation or implantation

These three phases can be found in every process.

Inspired by the works of Martin Muller and Agni Yoga.

To facilitate the emission of the ray of light in the flame, imagine "the universe pulsating", with an arrow let off at each pulsation.

SUMMIT OF THE MOUNTAIN

1. Prepare for a walk in the mountains. Climb to the top.
Continue the ascent on a ray of light until you reach the sun.
At the center of the sun, turn around and face the planet.
Radiate consciously.
2. The sun is a point among a myriad of stars.
Free space, then suddenly empty space. Being.
Descend, still facing the planet: a solar radiation appears in space.
On the planet is a mountain, a stone erected toward the sky. Stone in the solar radiation. Sun in space.
3. From the summit, observe the life in the plain.
Some impressions appear:
our life, the life of our dear ones and the people who surround us. . . The summit transmits the celestial inflow to the plain.

Inspired by the works of Martin Muller

Note :

Perception of Space or Being may be more difficult. If so, simply continue the exercise without stopping.

The first step is a visualization in a full and progressive movement. However, the following phases of the exercise demand a dynamic thought current to evoke the qualitative leaps in conscious perception.

We do not claim to present the works of Martin Muller here, but simply wish to acknowledge our use of them.

BUILD THE TEMPLE

4. From the summit, become a sun in space, facing the planet
On the planet is a mountain ridge
Stones erected to the sky
5. Perfection Flame multiplying itself
The flame is above each mountain top.
Let each stone, following its own rhythm,
absorb the flame and its perfection.
6. The flame transforms the stone, transmuting it,
the stone sparkles
Certain summits brighten more quickly than others,
Observe the progression and the colors.
7. When all of the stones are shining, they form a
Temple in space, the perfect square,
Temple of Beauty.
Make all of the stones of the Temple sparkle together.
Pure Beauty.
Keep this Beauty in everyday activities.

FIRE OF THE POSSIBLE

A star sparkles in the sky. What internal tension causes it to radiate incessantly?

Already three aspects emerge: the dark planet where we are(5); the radiating light (4); and tension underlying this emission (3). But this tension is itself only the implementation of a potentiality by the Being or Star, the Identity which thus manifests itself.

Identity assumes a pulsation, a return to oneself; hence it is a "phase (2)" in relation to an Abstraction, an Emergence, an essential Vibration where Being and Non-Being intermingle, living Fire, Play of Spirit, Fire of the possible (1).

This seems many miles away from our daily experience, but let us think again to the words of our daily training: "Simply present facing the object"

5 = Object: the vision which is presented,
inertia of the receptive pole
4 = Facing: putting into a relationship permitting resonance
3 = Present: inner tension maintaining a watchful attention. This persistent and intense will is born with the first BREATH. Breathing is the outer manifestation of such will.

The word 'Present' comes from "Prae-esse" meaning "to be forward". Presence is the putting forward of being.

2 = Simply: simply being, adding nothing.
1 = Abstraction, towards the Absolute, living Fire, the Possible

Can the process of visualization promote access to these concepts?

Proposed practice :

Relaxed, the mind clear, alert, lively
Radiating sun, eye of Love and Joy
In the eye's black pupil: living intensity
In the dark space: currents, tensions and electric fires intersect Vibrating life
Living Fire, in the Immutable Un-manifested,
from which Being emerges
Space filled with this Fire, the Possible

This vibration focuses in some points
Now, sparkling of living, pure, almost transparent light
wherein light bubbles burst
Joy
In this sparkling light there is a blue planet
on the planet are continents and poles of activity
Nations appear as stains of vibrating quality
Regions, cities vibrate in the light
Around our body, space vibrates with a quick, dazzling fire
In the center of the breast, the Source is vibrating
Greet and affirm the Beauty therein
Yes, Yes to Beauty

Then we gently begin another activity, fully conscious of this possibility of the creative spirit, because the images in us are its reflection.

Source of Consciousness

We are mountains, summits, planet, stars, space, because we are essentially this fire which gives life to all beings.

WARNING :

This is called playing with fire. Caution and fleet-footedness are necessary, and altruism is essential, in Beauty.

"All is revealed,
All is attainable"

"Everything is possible, but remember that what is
predestined is manifested at the appointed time.
Who aspires will attain.
Learn through the manifestations of life ...

I bring a talisman to all
Whosoever proclaims Beauty shall be saved."

Leaves of Morya's Garden
(The Call), Book One § 199

4. SENDING

WHAT IS VITAL?

The Heart. The heart beats, hidden in the breast, and none can see it. Silence reigns when noise and music fade away.

Peace remains, underlying all conflicts and endeavours.

If we can't find the answer to a vital question, let us transmit it to the heart at night before going to sleep or gently dispose it in the center of the breast as if placing it on scales. The answer will come.

"The Mind wavers, but the heart knows".

Simply present, let us accept ourselves as we are, not only the superficial appearance and efforts for improvement, but also the immutable, imperishable Being, which is Peace.

Peace knows the battle,
for science is a weapon against ignorance,
wisdom is a weapon against light-mindedness,
beauty is a weapon against chaos.

Behind earthly agitation and solar radiation, "the eternal silence of these infinite spaces" inspires us with awe and greatness.

Peace, at the core of Being is the
flash of Beauty
inner renewal
and unfoldment of Life

Peace is FIERY TENSION of SPIRIT
in JOY, SILENCE and BEAUTY.

"They will ask thee how to traverse life.
Answer. Like crossing an abyss upon a taut string-
Beautifully, carefully, and fleetly."

Leaves of Morya's Garden
(The Call), Book I

WHAT IS THE GOAL?

What is the goal of the study of and contact with the energies of consciousness?
For what use?

The answer has been given in Letters on Occult Meditation
(Letter 11, page 343):

"Remember always that material gain in knowledge for the individual causes stagnation, obstruction, indigestion and pain, if not passed on with wise discrimination. Food absorbed by the human body, if not assimilated and passed through the system, causes just the above conditions. The analogy is correct. Much tuition comes to many these days, but it is for the use of a needy world, and not for their own exclusive benefit."

Thus, by assimilating the energies of consciousness and living in conformity with that which we deem right, we diffuse light, understanding, and wisdom into humanity as does a cell for an entire organism.

We are never alone. When there are enough of us to live in the magnetic light, focussed in the blue circle with the three points red, blue, and green in the center, light will shine for all and spirit will radiate in matter.

And we hope that many readers and explorers shall appreciate this magnetic light, they will have contacted the source of consciousness and touched the SELF,

They will explore it, study it, and integrate it by THEMSELVES, that will enable them to answer in their own words to the question :what is the goal?

PROVISIONAL CONCLUSION

In this self-training course, we are trying (as a first lesson) to approach and to contact the energy of pure consciousness. This first lesson - related to the green dot inside the blue circle- is concerned with conscious energy, its knowledge as planes, subplanes, rays ... its effect on behaviour and consciousness.

A second lesson -related with the blue dot- will concern the assimilation of this energy, the consequent transformation. An important part is related to the contribution one gives to the world and the discovery of one's field of service. Globally, the second lesson may appear easier yet requires more regularity and accuracy.

A third lesson -related with the red dot- is concerned with transfer. Transfer to the presence, to direct knowledge, to the spiritual Triad and the movement from one concept to another. It is thus more abstract and requires great skill and firmness in the light. It requires love and knowledge, clarity of consciousness and right action -service-. These two facets corresponding to the green and blue dots.

As the student will discover gradually, this training aims to build an illuminated way, easing the progression of others, while we may stay unaware of them individually or of their respective schools. Thus each experiment contributes to help the various schools of illumination and the global School of Life. While discovering gradually our true self, we help to reveal the nature of human being, in its essential, individual and collective sense.

Modesty and humour go hand-in-hand with spirit. In these exercises, we may attain "pure" consciousness, but let us not imagine that we "travel" in cosmic ether or fantastic spaces. We have not left the Earth. Space is also here. Precisely, we have tried to turn our coherent attention toward a vast horizon, and the received impressions are vibrations of a crystal resounding to the finer and more intense notes of the great Beings. We may have perceived sub-harmonics of the Sounds or Principles which guide some parts of the Universe, or some reflections of Reality.

Finally, may we repeat, rational analysis is a kind of approach, but it produces only forms. To attain the Source, it is necessary to be the Source, to let the Source pour out freely. Thus the practice of the exercises is all the more necessary if you think that the way proposed here is interesting.

WE LEARN BY OURSELVES

We learn in the joy of discovery.
Let us learn to serve the Truth.

"Man, know thyself
and you will know the universe and the gods".
Delphic oracle

YOUR EVALUATION

After a certain period of training and before asking for the second book, please reply to the following questions:

Which exercise seemed the most useful to you?
Do you perceive a radiating centre in yourself?

Did you manage to practice every day?
What training rhythm did you give yourself?
About how long did each session last?
Do you make a note of your impressions in a logbook?

About how many times have you contemplated the blue circle and the 3 dots in the centre? What can you say about this activity?
What does the colour circle evoke in you?
Have you practiced the circle of consciousness in a group?
Which subjective quality (out of the 7) resonates most easily for you?

What suggestions do you have for this training?
Would more questions be stimulating and appropriate?
How would you describe the matter in which we sculpt our life?
Do you have an altruistic activity? How does the fire flower radiate?
Do you have a heightened perception of the Source of consciousness?

Translator's postscript

This exercise booklet was informally translated from the French text entitled "Auto-Ecole vers la source de Conscience". "Auto-Ecole" in French means a school where one learns how to drive and also a school where one is self-taught. This title was chosen because we are not just the "drivers" of our vehicles (our bodies or spheres of sensations, feelings, and thoughts) -we also have to learn by ourselves to build the fine tissue of our receptivity and therefore to improve and refine the substance of our awareness.

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MARTIN MULLER Prelude to the New Man, An Introduction to the Science of Being

and also

MABEL COLLINS: Light on the Path
Through the Golden Gates

HELENA BLAVATSKY: The Secret Doctrine (Vol. I)

We thank all these authors for what they have given humanity and for having authorized us to quote their work.

Some of the exercises are taken from books already published. Others appear for the first time in this book. You can hand out freely these exercises, but indicate your sources, in the name of intellectual honesty or ethics.

For all mail, write to:
Self-schooling,
Assn Volonté de Bien
33, rue Charles de Gaulle
F – 91330 YERRES

Or email to : contact.en@spiritualwill.org