

SOURCE OF CONSCIOUSNESS

AN EXPERIMENTAL APPROACH



An introduction to

Volume 3

WILL

Association "Will-to-Good"

0 INTRODUCTION

Any spiritual training aims to realize Spirit within us; in this third booklet, we are nearing our goal. We shall intensify the source of consciousness, thanks to the current of attention, then we'll go beyond the conscious current in order to broaden perception to more abstract levels, for a direct contact then eventually for increasing and distributing life.

The first booklet lead us to contact our center, the source of consciousness, to discern several nuances of radiation within us and in others. The second booklet enabled us or rather trained us to assimilate this radiation, to make it pass through our daily life – in its various aspects – to become useful in a subjective sense; this characterizes a subjective worker as he (she) develops wisdom in taking part to various activities.

The third booklet aims to intensify the source of consciousness. One may intensify it in two ways:

- in building a more sensitive instrument, hence more receptive
- in stimulating the current of attention

We are building a sensitive instrument in leading a right life, in developing our mental affective, physical body, and making them pure and clear, this is the role of discipline and it eventuates its effect along years.

Orienting our attention is the more direct way to guide our life, it is directed attention which makes us practice the exercises, which makes us contact the source. In fact it is also our directed attention which supports our freely chosen discipline. The word *attention* comes from *tension-at*, tension to be at the world.

This third booklet is thus going to develop our will, our tension. On the objective side, we'll talk about tension, a difference of potential, between the source, the self, and the world of manifested objects. This looks like the pupil of the eye or a black hole that absorbs and resolves al the geometry of the visible world. On the subjective side, for one self, tension is will, not a will to do or to act, not determination, but the original stimulus, in the center of consciousness which makes arise the current, which is founding existence, which is enlightening.

If you observe the emblem of the blue circle with its three dots, and if you hide the red point, you can see how much it is loosing its effectiveness, its vitality and its attractive power. We shall go in the opposite way, we shall ground, stimulate, intensify this red dot, the renewal of consciousness.

The key-words guiding this third booklet are

FREEDOM

TENSION

BREATHING

That gives the whole pattern

1 BEAUTY

PRESENCE

CONTACT

2 TRUTH

TRANSFORMATION

INTEGRATION

3 FREEDOM

TENSION

RESPIRATION

FREEDOM symbolized by the transfer to etheric level or vitality, or dynamism. One may also speak of LIBERATION.

Gas as the impact of an air blow, the resistance of air, during a rapid descent, is slowing down and immobilizing relatively. The ether, dynamism, vitality, energetic, is a fresh omnipresent, stimulating perception. Some people say that Einstein's relativity put an end to the concept of ether, however Einstein himself acknowledged that a rotating space is not a translating space and thus something is infusing space, as a whole, without depending of any of its points.

We'll work with that which does not set down, that which does not weigh upon the body.

Contrary to thoughts and worries, contemplation of the emblem of illumination is refreshing, regenerating, vitalizing. We shall emphasize this transfer in the living, in the stimulating.

TENSION is translated in a first move as frequency of renewal. Tension is the difference of potential between what that is, between existing forms and that which passes through,

The negative according to Hegel (the opposite of the positive which is laid down – in French pose) that which wants to be, a fundamental will to be, non subjective, which arises in every being. It is the closeness to Spirit compared to Matter (presented by our body or the contents of our consciousness).

BREATHING includes two stages: inspiration and expiration. The first stage relates to capture of ideas, the second stage to the blowing in of spirit in a field.

Respiration and tension stimulate fire.

Respiration induces the pulsation that makes us taking part to life.

Thus the 3 key-words of this booklet have an inner correspondence; to tension echoes Will, to breathing echoes pulsation, to freedom? Freedom assumes choices, hence the ability to engage, to assume the consequences, and to take in charge. This taking in charge is responsibility, it requires the use of will for keeping the direction, to orient activity, to federate, to make attractive, to renew. The key-words of this booklet may thus be written as such:

FREEDOM	TENSION	BREATHING
TAKING IN CHARGE	WILL	PULSATION

The second booklet develops wisdom, it assumes vast developments. Alice A. Bailey gave us abundant references. This third booklet is more brief, the words more seldom, for the current is sweeping away words. It's up to everyone to move along its own way.

Thanks

More than for the other booklets, the group has provoked and comforted the unfolding progression. The author has merely given a shape to our common exploration. The group has also benefited of several helps, some have been recognized, other not, for we are not alone!

USE OF 4 SYMBOLS

We'll take over the four symbols which guided us so far, yet in a new way, emphasizing the movement and transfer.

Each symbol may be viewed in three different manners

- according to its periphery, the features which are delimitating the surface
- according to its inner surface, including all internal positions
- according to the movement of impression, transversal to its plane

The first manner is external and is done in opposition to the environment, the second manner assumes an inclusiveness and integration, the third manner goes with the founding move; one finds again the three aspects.

We'll work with the symbols in a new way and also with the transfer from one symbol to another.

Transfer of symbols

Passing from the luminous blue to indigo: absorption within the ashram

Then from the three aspects to the red: sign of peace

From the cross to the circle: radiation of the fixed cross

From the five-pointed star to the square

From the square to the triangle, then to the circle and its three dots

From the line Spirit – Matter to a black dot within a white disk (seed of the Absolute)

From the chromatic circle to Spirit

Basic Meditation

Give your weight to the ground and to the seat, spine erect, relaxed

The head sustains the sky

Focus the attention at the top of the head

In an empty space, free of any object, radiate at the most

Then at once, radiate ten times stronger, until feeling to be finally here

Actualize the crown center, Spirit

- purpose of life in oneself

Work to the renewal of consciousness

- red dot in the blue circle

Install the closeness of the source in the activities

- first aspect of personality

(all that in oneself and in others)

Assert the creative Sound, awakening consciousnesses

Notes:

- To actualize the crown center means concentrating one's attention at this place, ground the descending current, and make active this center that carries the purpose of incarnation.
- In order to focus consciousness at the top of the head, one may put one's finger at the summit of the skull, keeping the head aright (as with a book on the head), put your finger neither before, nor behind, right at the top.
When breathing in, transfer the consciousness to the point of contact with your finger. Consciousness is not any more behind one's eyes or outlook, thought does not matter any more, there remains the impression to look to the world form above, as if one was freeing oneself, and passing over the clouds.
Breath in again several times. During breathing out, consciousness may go down unto the pelvis, feet, chest or any place – better close to the bones -
- Sentences right after the dash point out a mental sign of contact or what one may look for
- Spirit means "that which has its center in itself"
- Renewal of consciousness points out the first aspect (will) of consciousness

- The first aspect is inscribed then in behavior as dynamism, sense of values, inner direction, or closeness with the source

Transfer in the evening

- Come back over the most marking situations of the day (even if it is about long-term projects)
- Observe the form and forces at play from the immediate higher plane. An emotional difficulty must be observed from the mind in order to be understood and solved.
- Transfer to the Triad (or the highest point) the energy underlying the form.

Note: if the form aspect is not dealt with and solved, the inflowing energy will give life to this problem that will become harder.

Another Transfer

- At which moment have I focused my attention at the top of the head?
- What was my fire today?
- What have I vitalized?
- In which way have I contributed to the work of the ashram?

Variant

- When and how has expressed my spiritual life?
- At which moments was I myself?
- When have I transferred my consciousness into the point of tension that I know myself to be?
- Was I able to create, live in agreement with this stimulus?
- Visualize yourself the following days inspired, infused by this stimulus, and expressing spiritual life.

NOVELTY AND CONTINUITY

Approach of new Kingdoms

This third booklet is exploring a new dot, it draws a turning point: renewal. It extends also continuity.

In self-schooling, we try to live as souls, as source of conscious radiation. This means to recognize the fifth kingdom, to take part to its existence, to its cohesion – love -and to activity. In the second booklet, we have also deepened our link with the human kingdom – the fourth - and the animal kingdom – the third one.

In this third booklet, we'll intensify our participation to the fifth kingdom of pure consciousness, we'll also pre- sense the link with the sixth kingdom - the kingdom of planetary lives – hence we'll perceive more clearly the role of the fourth kingdom, the human kingdom.

The fifth kingdom is based upon attraction, solar fire, the radiating self-conscious energy; the sixth kingdom depicts the liberated Triads, the rays perceived as magnetic dynamic currents, moving onward, perceived as electric fire. Passing from the fifth to the sixth kingdom is like passing from a star to a constellation.

We'll also foresee the seventh kingdom or solar Lives, the foci of the solar system, the sources of the 7 electric Rays, Beings living in Shamballa, the sevenfold One.

See Rays 1 p 222
Rays 5 p 129-132

CONTINUITY

Some elements have been studied in both previous booklets

- the symbol or emblem of illumination
- the sign of peace
- the 7 Rays or subjective qualities
- Presence
- Kingdoms
- Etc.

These points will be studied again and deepened.

Emblem of illumination

Which impression is transmitted by the blue circle and its three dots – red, blue, green
- at this level characterized by freedom, tension and breathing?

The answer seems to us:

1/ The source of the inspiring current, the illumined will

Unite with the current of inspiration

Awakening, beyond consciousness, is centered around the second aspect.

Bliss, beyond the outward look, is the consummation of contact with matter or enjoyment.

The will-to-be, beyond closeness to the Source or regeneration of consciousness, denotes the first aspect.

The whole is vibration upon itself, **vitality of awakening.**

2/ Express full consciousness

Identify with the subjective Whole, the circle of the One consciousness

Enter in the Source or pole of evolution, Movement

 In the pole of cohesion, Love

 In the pole of dynamism, Life.

Go in the center of Spirit.

Identify one self with (fuse with) fully realized Being

Insufflate the 3 aspects successively

- the 1st aspect, direction, stimulus to be
- the 2nd aspect, awakening, consciousness
- the 3rd aspect, creation, thought

Breathe intelligence, Love and Will in full consciousness

3/ Solar heat, light and fire

The body relaxed, the spine rises up unto the top of the head

Focus the attention

 Tension to be, tension of spirit (pause)

Intensify the pole renewal of consciousness

Stimulate the pole Opening, mental love

Stimulate the pole Intelligent perception

Make the sphere of consciousness magnetic within the One self

Visualize its projects, service, group, its life

Apply the law of solar Heat, love radiates toward others

Apply the law of solar Light, wisdom is unfolding in all beings

Apply the law of solar fire, offer your life, your self to the world

Ponder on the necessary actions at the moment

Notes:

The visualization of projects and service, group puts in relation with the world, it develops service and enables to apply the laws without danger.

Sources: 3 is the number of consciousness (CF:520)
(CF:1171) three laws of solar heat, light and fire.

4/ Pulsation of consciousness

Pulsating from the One to the Many or from the center to the periphery, the One-Spirit being also outward. The pulsation is based on the discontinuous: emission- tension, receptivity – registration. A dead form appears when receptivity does not give any more the quality, it remains merely the feature in inertia, the resounding with the world is turning dull.

Pulsation by renewal, unceasing uprising, at the center (red dot), through opening, welcoming, infusion (blue dot), through subtlety of perception, understanding (green dot).

Consciousness is pulsating, alive, awakened, receptive, comprehensive.

This pulsation goes with the 3 qualities of tension, at the center of the cycle (see the book *La qualité au-delà des mots*).

From Blue to Red

Meditation

Feet laid down on the ground, upright, relaxed, the head sustaining the sky

The body fulfills its role of grounding spirit:

Our pelvis laid down (our basis)

Our abdomen relaxed (seat of fluids)

Our chest ample and light (seat of air)

Our neck aright (a pillar)

Our head right up (receptive space) and summit

Awakened, fully present

Turn your attention to the world (that which is offering itself to us)

Horizon, substance and opening

Search for that which sustains the world and us

If the current is too massive, imposing, balance it by awakening

Keep the vivifying freshness

In this contact, support all points of awakening

OM

Notes

The question here is to transfer from the field of consciousness – symbolized by the white background – and the opening of consciousness – symbolized by the blue circle – to that which is founding this mutual existence, - this factor is symbolized by the red dot.

The horizon, according to Husserl, is the background where objects are inscribed, it is equivalent to the field of consciousness, before any special appearance.

Passing through the pelvis, abdomen, chest, neck and head, aims to integrate the essential role of these spaces. These areas are inscribed in the planetary crystal, described by Martin Muller.

Sign of peace

At this stage, the sign of Peace points out fundamental facts.

The three aspects unite in tension: **uprising of life, power of resurrection, total affirmation**. Here are some evocative names of these fundamental facts.

Do you feel it that way?

Express divinity

"Only, therefore, at the ninth initiation is the human being a *full* and true expression of divinity" R5 p 535

This is fundamentally true, yet little realized by us. Let us try in a small measure to express divinity.

Enter in touch with the realized Being in ourselves
Become infused with the inflow of the Sign of Peace
At the source of All
Breathe with that which wants to be
Breathe with that which awakens, the Self
Breathe with that which creates the ablaze Whole.
Share it in the mission of the ashram, its program
Insufflate it in the projects that we support, our life
Fire,
Subjective fire
Transfiguration

Variant:

Be at the Source of All
Be that which wants to be
Be that which awakens
Be that which creates the ablaze Whole

Preliminary research

Search for the Source of the opposites: Spirit - Matter
Search for the creative inflow, aligned to the planetary Logos
Search for the awakening inflow, aligned to the One self of the solar Logos
Search for the Lord of Existence, aligned to the cosmic Logos

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The Chapters of this booklet are:

1. RENEWAL

2. MAKING ONE'S OWN WAY

3. TRANSFERS

and you'll find

INCLUSIVE REASON (2nd Ray method)

Progressive circles

This progression follows the techniques of inclusive reason, specific to the second Ray. It is useful for exploring the circles after the transfer from the line to the circle.

The meditator will change the circles and will add others, as he (she) feels along its practice.

Exercise

Back relaxed upright, support the sky at the top of the head, kidneys and neck full
The consciousness at the summit of the head, become aware of your visual field
Visualize the memories the landscapes that have been marking for us
Become the Eye at the center of consciousness
Think about your family, broaden the circle to friends, to acquaintances, to those one has known, met, to sensitive humanity
Become the Heart that welcomes any contact.
Think about those who have taught us something, to authors, to intellectual companions,
Broaden the thought sphere to all humanity
Become the Thinker.
Resound with your egoic group – those who have the same soul vibration -, to the group of local servers, to participants of world service, to all meditators
Become a part of the One self.
Resound with those who seek to promote evolution
Resound to those who practice Truth, Goodness, Justice
Resound with those who are transmitting spiritual will
Resound with those who are distributing life.

As sparks of spirit, we are distributing life, spiritual will, Goodness.
We support all servers, those who promote evolution, creative humanity, sensitive, humanity, the Eye in manifestation.

In silence we let the distribution work out.

OM

We say: "From the point of Oneness in the heart of space,
Love springs forth in the hearts of all
Love rejuvenates the world."

The vibration is resounding and setting in our heart.

With the Earth

Preamble:

We won't leave the earthly attraction, we are part of the globe. The question is to unite with the life of this planet.

Meditation

(Each phrase lasts about 1 minute in order to respect the tempo of the 2nd Ray and to function with sustained receptivity)

Alignment

Broaden the field of consciousness to the planet (it is mental perception)

Observe one's thought: content and flow

Be true with oneself: consciousness opens (whatever the images which were appearing)

Intensify truth

A point or current appears

The descending current stimulates the substance (become aware of it)

Search for the rebound of the basis upward: Life, vibration

Intensify the living vibration, in oneself, in every seed

Participate to the AUM, the sound of the Logos

Sustain the AUM in the group of world servers

Sustain the AUM by all seekers of light

OM OM OM

SHOW ME HOW YOU LOVE

Become a sphere of love, give of oneself, Radiate toward others
The heart center (in the middle of the sternum) becomes active.
Intensify the radiation of the heart

Jewel

Intensify the gift until forgetting oneself, forget the other

Base yourself, on the realized Being within ourselves, how does He loves?
What He is giving, His support, His advice, His peace.

Do the same for someone, for a group, for the set of receptive units

Buddhi

Perceive the inner unity of the subjective group.
Magnify the idea that gives cohesion
Inscribe your self within then intensify the magnetic rapport linking us.

Diamond

Base yourself on Realized spirit.
Decentralize the gift
Be spirit within the many Selves.
Rejoin then the central tension, the spark of Life.

Exercise: how to love?

1. Love the world (2 mn)
2. How the Master is loving us, us the disciples?
3. Love as He loves

The master or the realized Spirit within us.

Note:

If you feel your Master, or realized Spirit within you, is a woman, you'll use the pronoun She or your familiar word. However, Spirit is not limited by a body, and human monads are emitting, whereas devic monads are sensitive.

Pondering:

How is love linked to sacrifice, freedom, to the coming back echo
Love – attractiveness and love which includes even imperfections

From luminous blue to indigo

The first booklet dealt with the contemplation of external symbols, the second booklet with inner resounding, the third booklet deals with energetic inflow.

In the second booklet, an exercise showed a path to grasp the inner structure of pure consciousness. Another exercise suggested transferring to the blue of mind-love. Now we'll try to pass to the indigo blue, the Triadic circle. We have outlined the transfer to the spatial mind at the end of the second booklet; here, we try to transfer the perception systematically.

The indigo blue circle contains 3 dots, red, blue, and green, corresponding to the 3 aspects of the Triad. As said in the Letters on occult Meditation, the 3 triadic levels are characterized by the green of atma -the third solar plane - by the yellow of buddhi - fourth Ray, fourth plane - and the indigo -spatial mind.

The circle is indigo as it is the color of the synthetic blue which is absorbing all, the color of the monadic level. IN a first step, the indigo will awaken in us the inclusive space, outlook of divinity, starry blue sky. Then it will give place to that of which it is an echo: the inclusive One, the transcending oneness of Reality, and the depth of total love.

In the indigo color, the phase of consciousness are replaced with 3 principles: principle of knowledge, principle of unity, principle of direction - as far as words may convey a reality.

A principle depicts here a vibratory activity, a seed, a faculty of spirit.

Suggested progression

Facing the emblem of illumination, fuse the 3 dots at the center

Resound inwardly to the threefold structure of consciousness

Pre-sense the space of Being

There search for the principle of knowledge

Then the principle of unity

Then the principle of direction

Resounding with these 3 principles, search for Real being, the Whole

Set in for a moment

The 3 principles support the 3 aspects of pure consciousness

Wait for concretization in your thoughts and activities

At the end, activate these 3 principles in the inner space

(of humanity and also of pure consciousness)

Later, on any topics, you'll be able to call the principle and invite it to express

On any question, the principle of knowledge

On any complexity, conflict ... the principle of unity

On any wavering, the principle of direction.

DISCERN IN THE DEEP BLUE

Visualize a deep blue disk. Fuse within that space. Observe the situation you choose. Any part is based on this deep blue, hence a respect for this being and its contribution.

Consider the present abilities and the possible future steps.

Consider its role and yours in the Plan of evolution (WM:320)

4. TEMPORARY CONCLUSION

The source of consciousness opens the wide inward, toward the Ground, the Unfathomable. The exercises presented here have enabled to train ourselves, starting from external observation (1st booklet) through pondering upon action or wisdom (2nd booklet) to inner tension or will (3rd booklet).

The key-notes of this 3rd booklet are:

FREEDOM

TENSION

BREATHING

Have we reached these notes?

Is the group free to work, to give itself its own rules, to move within the One work, for giving its contribution?

Has the group reached a point of tension, which makes it move onward? Can we describe this tension, perceive it?

Does the group breathe regularly?

- between meetings and individual action?
- Monthly between the inspiration at the full moon and the grounding at the new moon?
- Yearly, with the energetic inflow at Springs, the assimilation in summer and the concretization in autumn?
- Of several years, with cycles of 3, 7, 10 and 12 years?

Then the group may pass to a higher step. Our group has passed through 2 steps that may compose two chapters:

- To overcome the blue circle
- To live in spirit

We are only in an exploratory stage, as you could notice with its wavering, its emphasis on banal, hence secondary points; however the whole path made us go forward. This training is not a teaching, we can't give a whole scope Spirit –Matter based on Life, and we are not trying to do it. We have moved on following the indications given in the 20th century and we outline the future frame.

If the suit of experiments of our group is of interest for you, please send us a mail describing

- your group, the physical group, its acknowledged coworkers and the subjective group
- the field of service you have recognized, the forces, energies, ideas, with which you deal,
- and the answers to the questions asked above.

In the great pulsation, we greet you, trusting in the progression of evolution.
Known or unknown, allying unity in diversity, we radiate.