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DAY THREE OF SEVEN: CONTEMPLATIONS and DIAMOND SOUL PRACTICES

Soul-Preparedness in Service to Humanity

(Sunday, November 13)



“Triumph”

I. "THE BREATH IS THE LIFE and SOUNDING FORTH "THE SACRED WORD, OM"

◇ From the constellation Scorpio, through the Heart of the Sun, breathe in conscious "Breaths of Life"- *pouring through all the Centers*. Sound forth the **sacred word, OM ... coming into the peaceful Presence of the Soul field**.

◇ With the next "Breath of Life", on the out-breath and with **conscious intent, AUDIBLY** sound forth the Sacred Word, **OM ... sensing the dissolution and release of atoms of lesser vibration**.

◇ With the next conscious "Breath of Life", reach deep into the Heart of the Sun, and **with intense spiritual aspiration SILENTLY** sound forth the Sacred Word, **drawing in atoms of higher vibration**. Pause.

Sense the new life pouring through you ... *lifting and heightening your vibration ...* allowing every conscious breath be a deeper and truer entry into the Soul field of the True Soul and contact with Reality.

... continuing ...

II. CONTACTING THE ANGEL OF THE 8TH LIGHT IN THE CROWN CENTER

◇ *Continuing* with the "Breath of Life", bring your awareness into the radiant twelve-petaled "Heart in the Head" of the Crown Center above the head ... sound forth a **SILENT OM**.

◇ **Come into resonance with the energy of the 8th petal. Pause.** In the moments that follow, breathe into the joyous presence of the Angel of Scorpio governing the 8th petal – knowing of its supreme Intelligence, loving Presence, and specialized Powers. Pause.

◇ **With a breath of life, silently sound forth the Sacred Word ...** and sense the **energy contacted begin to flow down through the central spinal column—gently cleansing, heightening and infusing the etheric centers** of the body with the adjusting frequencies of the Angel... Direct the energy to **flow on down and out through the chakras in the bottom of the feet "blessing the earth upon which we walk"**. Pause. On the in-breath, follow the corresponding **arc of energy re-ascending**, completing the circulatory flow returning to the 8th petal in the Crown.

◇ Once again, sound forth the **OM visualizing** (sensing) **the energies passing down through the central spinal column** — infusing all the Centers — pausing briefly at the **Ajna** center (in the forehead) ... the **Throat** ... and the **Heart** ... before continuing through the **remaining Centers, out through the centers in the feet "blessing the earth ..."** On an in-breath, follow the re-ascending **arc of energy 'returning from whence it came'**. *Sound an OM*.

... continuing ...

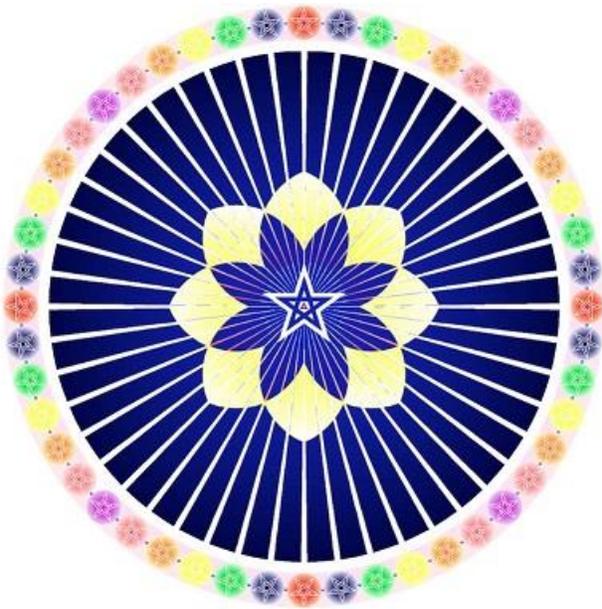
III. THE SOUL STAR GROUP – Group Soul Infusion

As a group we are building and amplifying our Group Soul with other Group Souls around the world with the (*New*) Group of World Servers and *That* greater GROUP of Groups—the Ashrams of the Christ (the Spiritual Hierarchy). We are building a field through which Humanity can be awakened, transformed and begin to cooperate with *Them*. This field of Light, Love and Will is created through our united group meditations. Through it we are alchemically cultivating the Soul of Humanity.

◇ Let us now see ourselves standing inside a large circle of Souls, gathered and gathering—as *Participating Souls of the Soul Star Group*—for meditation and Soul work during this full moon period. See each soul as a radiant sphere of love and light ... together we form *one magnanimous sphere of Light and Love*. Pause.

On the ‘breath of life’ – in one simultaneous movement, let us extend a ray of love and light from our heart and mind to all hearts and minds herein gathered. Sound a sacred OM.

Take time now to feel into and sense the Soul Star Group as one pulsing, beating, unified Heart ... *filled-full with Soul virtues...* synthesized in one Soul-Love vibration.



See now gathered *the Great Souls* forming the **Ashram of the Christ** (the Spiritual Hierarchy).

During these Full Moon Days, this Group—a great group Heart, is pouring forth Light and Love to Humanity and throughout the planet, raising its vibration. *Hear a silent OM resounding.*

Experience the Soul Star Group in vibrational resonance *with the Ashrams of the Masters of Love-Wisdom—that “great potency of the Inner Groups”— in whose Center stands The Christ.*

Sense from the *Heart of Christ*—emanations of Love, Light, and Life **infusing the Soul Star Group and all here gathered** in the radiant and protective sphere of His Presence ... and the Mother of the World.

◇ With a “**breath of life**”, sound forth the **Sacred Word, OM** ... its vibration of pure Scorpio energy flowing through the group Soul, heightening all herein gathered. *Pause.*

◇ As a Group Soul, unified in group vibration, we send forth rays of Love, Joy and Gratitude to the Great Ones and the Christ. *Pause.* Opening to the return flow, we receive an infusion of ‘*the good, the right, the true, and the beautiful*’ for our lives of service. We sound forth the Sacred Word, **OM**, sealing in these high vibrations.

... continuing ...

IV. ENTERING CONTEMPLATION and Diamond Soul Practices - for DAY THREE



◇ With the ‘Breath of Life’, light a “*living light*” in your mind, and attune once again with the energy and Angel of Scorpio. *OM*

Reading Contemplatively:

◇ *The Light of Scorpio* reaches us flowing through the Heart of the Sun ... through the transmitting planets of hidden Pluto – bringing to surface ‘in the light of day’ that which needs to be transformed; through Mars – the Courage and Devotion to Higher Ideals; and Mercury – Spiritual Vision and Illumination. The energies continue flowing through the Center where the Will of God Is Known – Shamballa, through the Christ and the Spiritual Hierarchy where the Love of God is known, into the Human Kingdom where the Light of God is known, and into human hearts and minds.

◇ **“Scorpio—The Light of Day. This is the place where three lights meet—the light of form, the light of the Soul, and the light of Life. They meet; they blend; they rise.”** (EA, 208)

We begin with “the end in mind”. Let us enter the field where the Light of Day is *triumphant*: “the Light of form” that *lights up* the personality, the Light of the Soul, and the Light of Life coursing through you like a great river. Use the “Breath of life” to bring yourself into the Light of Day. *OM. Pause.*

◇ “In this sign, the disciple undergoes those tests which will...demonstrate that the desire nature (of all three levels, all nine ‘heads’) is subdued and conquered and that the lower nature is (by being lifted up in the air ... into heaven) capable of reaching the goal...and the personality can be so tested that it shows fitness for the world service demanded in Aquarius. This is beautifully expressed for us in the legend of Hercules, the Sun-God who overcomes the nine-headed Hydra or serpent of desire by being forced to his knees and **from that position of humility lifts up the serpent into the air, and then deliverance comes.** (EA, 143/4)

After testing, trials and triumph, the Word of the Soul is **“Warrior am I, and from the Battle I emerge Triumphant.”**

◇

Now, the great work begins ... In this light we shall work with the following Diamond Soul practices.

... *Continuing ...*

INTRODUCING THE TESTS OF THE LOWER CRITICAL MIND

“... The tests of the **lower critical mind** are: **Pride, Separativeness and Cruelty**. Remember that the worst kind of cruelty is not of a physical nature but is more mental in character.” (EA, 205)

“**1. Pride**—which is intellectual satisfaction, making the mind the barrier to soul control.”

“The walls built by pride incarcerate a man more securely than prison bars. Fastened by the heavy chains of self-exalting thoughts he looks at other human beings with condescension.” (Alice Bailey, *Labours of Hercules*, 148) Thus making the mind a barrier to soul control. The sense of I-ness, the one at the center dominates – and demonstrates as “I know best or better”.

“**2. Separativeness**—which is the isolated attitude and which makes the mind the barrier to right group relations.”

Separativeness is based upon the natural gifts of the concrete mind to discriminate – to separate things into parts for analysis. When a belief in the mind arises which prevents or blocks the flow of love that brings the parts together in right relationship, then separativeness as an attitude/belief becomes a fact in everyday experience. Defined as the “isolated attitude” it makes the mind the barrier to right group relations. Only the energy of love can overcome this head of the hydra (of the unredeemed lower concrete mind) where one must bring love into the mind to understand and to see comprehensively.

Its deepest origins flow from an original belief or assumption that we are separate from our creator, God—the “One In Whom We Live and Move and Have Our Being” resulting in an *unconscious belief* that we are in this world alone, unconnected to anything or anyone beyond ourselves. However, the Soul is group consciousness, and is able to bring harmony out of conflict and differences into unity—eventually uniting us as one Humanity.

“**3. Cruelty**—which is satisfaction with personality methods and which makes the mind the instrument of the sense of power.” This is power and control over people’s thoughts and actions preventing and blocking Soul expression and imposing one’s own ways on others, thus curtailing individual and group freedom.

“When these faults are realized and are overcome, the result is twofold: the establishing of right relations with the soul and also with the environment [*our relationships with each other, groups, nations and the lower kingdoms*]. These two results are the goal of all tests in Scorpio.” (EA, 206)



TODAY’S PRACTICE for the Tests of the Lower Critical Mind

You, a Soul-infusing personality will put on “trial” that which does not stand *true* in the light and love of the Soul and therefore must be redeemed.

In the light of Consciousness (of awareness), these “*tests*” are calling to be dissolved, dissipated, released, forgiven, healed and/or redeemed – resulting in transmutation, transformation, and transfiguration.

As we “put the tests of the lower concrete mind on trial”— let us do this without self-condemnation, shame or guilt. We do this with an appreciative lens and keen interest to bring them into the light and love of the Soul. Each “test of the lower critical mind” is put on trial” and leads to Triumphal overcoming and eventual mastery of the Soul-self over the lesser self.

The Soul is Consciousness—and contains inherent powers of Light and Love. When our limitations are carried into the Soul field, we can expect an immediate lessening of their grip and strength.

I. ◇ Identify a particular “Test of the Critical Mind” to put on “trial” by *observing* what carries a *charge, a trigger, evokes a response, or is ‘brought to mind’ or memory.* ◇ Name it.

Example: My need to be right breaks harmony with my partner.

Example: My superior attitude creates separation with my co-workers.

Example: This is the way I want it done. No need to discuss it. Just do it.

◇ Summon the courage (Scorpio working through the strength of Mars) to face the test and put it on trial—to articulate it, talk about it and seek to understand it.

◇ See how this test (limitation) has prevented fuller Soul infusion of the personality—how it impedes and slows down forward movement on the path of Discipleship—how it narrows or prevents your growing loving-understanding and service of the Plan.

◇ Call on the spiritual Idealism of Mars to see the limitation in the light of your higher ideals. What now comes to mind? E.g., following strict rules vs. what is right and good.

◇ Realizing that all limitations are temporary, summon spiritual Vision (the Soul working in Scorpio through Mercury). Spiritual vision reveals both the limitation seen in the light of the whole and the potential that stands behind it—of what is *possible*.

Continuing ...

II. Having chosen a “test” to put on “trial” ◇ **LIFT it into the Light of Day – the Light and Love of the Soul.** *Place it into the vibrational field of the Soul.* ◇ You may ‘*Ask for help*’ from the Angel ... to release *Her powers to flow* into your system. By asking, we create a bridge or gateway for this to happen.

◇ Know that the Soul field is much stronger than the “test”. It has the power to alchemize, heal, wash clean and clear the field effects of the lower mind. You will see more clearly now to observe “the test” from the Soul’s broader, more encompassing and compassionate perspective. What do you now see and understand that was not clear before?

◇ Ask, what potential, what jewel, what more of **you** wants to come forth as ‘triumph over this limitation’ no longer limits your soul-life expression? Ask, what would my life look like, or be, without this limitation? Finally, what would emerge in its place once the limitation is removed or overcome? ◇ Give energy to **that** now.

◇ Remember prior successes. Victory marks the triumph of the Soul over the personality. Remembering victories gives confidence to ‘speed forward’ on the path. Build on these, use them. Celebrate all victories. These are movements into freedom that we can ride on.

Continuing ...

III. Having worked with and put some mental limitations on “trial”, you are now standing in the fuller Light of Day – the Light of the Soul. ◇ What do you sense has changed? What is present now?

Feel, notice, sense, observe the release of living Soul energy subtly flowing through you now.



CLOSING:

Give thanks for the assistance of the Angel of Scorpio (governing the inner 8th petal).

Sense the strength of the presence of the Soul Star Group.

Sound a Silent Om sealing in your new vibration.

End with the following **Mantra** and **The Great Invocation**



***“MAY THE LIGHT THAT ALWAYS HAS BEEN, BE SEEN;
THE LOVE THAT NEVER CEASES, BE REALIZED,
AND THE RADIANCE, DEEP CONCEALED, BREAK FORTH INTO BEING.”***

(The Reappearance of the Christ (ROC), 94)



THE GREAT INVOCATION

From the point of Light within the Mind of God

Let light stream forth into the minds of men
[Let Light stream forth into human minds]

Let Light descend on Earth.



From the point of Love within the Heart of God

Let love stream forth into the hearts of men
[Let love stream forth into human hearts]

May Christ return to Earth
[May the Coming One return to Earth]



From the center where the Will of God is known

Let purpose guide the little wills of men
[Let purpose guide all 'human will']

The purpose which the Masters know and serve.



From the center which we call the race of men
[From the center which we call the human race]

Let the Plan of Love and Light work out

And may it seal the door where evil dwells.



Let Light and Love and Power restore the Plan on Earth



Sound forth a sacred **Om** (embodying and distributing the **Light of God**)

Sound forth a sacred **Om** (embodying and distributing the **Love of God**)

Sound forth a sacred **Om** (embodying and distributing the **Will and Purpose of God**)



— And Help Us To Do Our Part —

