

LEO SOLAR FULL MOON RITUAL

STUDY, MEDITATION AND CONTEMPLATIONS: Day 1 (of Seven)

In Service of the Christ and the Great Ones, the Plan and the Full Flowering of Humanity



LEO – The Light of the Soul

WORD OF THE SOUL: “I am That, and That Am I”

“Throughout the universe, it is the Soul which is the conscious, sensitive theme of the divine plan”



A FULL MOON RITUAL OBSERVANCE

A Path of Spiritual Approach to the Spiritual Hierarchy - the Kingdom of Souls

Planetary and solar fire rituals are part of the emerging New World Religion. As such, it is a “Soul-imperative” to organize our lives to participate in and take full advantage of the *rituals in the life of Sanat Kumara – the Lord of the World*. In addition to what we are ‘doing’ outwardly in the world, an interior full-Soul focus is required of us during these sacred monthly rhythms in support of bringing in the New World religion in this changing Age – from Pisces to Aquarius. And thus we serve.

Participating in the Solar Fire Full Moons, we come into closer contact with the Spiritual Hierarchy and the Ashrams of the Christ Who stands in Their Center. As Souls, we are building full Soul consciousness to serve the unfolding Soul of the One Humanity.

Every full moon period has three phases: Preparation, Contact/Registration and Distribution for “Giving Blessing” – “giving forth” to Humanity saving and lifting.

The Master DK wrote that the Preparation phase is designed to enable "confident aspiration to hold the mind steady in the light" of the Soul (the Soul-Mind-Brain alignment). We will add that participating in the Full Moon Approaches, month after month, year after year, develops *competence* allowing for our becoming a real aid and participant in the inner and outer life of the ‘workers in the invisible realms’.



DAY I: PREPARATION - Building Confidence and Competence: Aligning Soul, mind and brain.

To do this fully as a Soul,

- 1) We remind ourselves of the purpose of the Breath, and engage the spiritual power of the sacred Word, OM, sounded forth with intent and aspiration,
- 2) We breathe the breath of life pouring through all the centers (Solar, Planetary, Shamballa, Hierarchy, Humanity) and human ... irradiating the mental body, infusing the emotional body, suffusing the vital etheric body heightening each center with new vibration ... then passing out through the centers in the feet blessing the earth ... and returning whence it came.
- 3) We make a **felt contact** with the Solar Angel Who helps unfold “the Mind of Christ” in us, and the great Angel (Energy) of each of the 12 Signs conferring twelve Soul powers (of God

Immanent) that we may become fountains of Soul Light and Love in service of the Plan. This month we stimulate and unfold the 5th petal of Leo, and

4) We participate in the Soul Star Group standing with all Groups assembled, inwardly and outwardly around the world, within the Planetary field of the Group of Groups – the Spiritual Hierarchy with Christ as the Heart in the Center.

A few suggestive thoughts about the above follow (from the Ageless Wisdom Teachings). **Please read what follows meditatively, before beginning the formal meditation.**

THE PURPOSE OF THE BREATH

"The breath is the life and pours through all the centers." (Rays and Initiations, 161)

All our *conscious breaths* during meditation is with this awareness – "the breath is the life pouring through all the centers". We stand in the down-pouring Life energies of LEO flowing through our centers – breathing this Life through us.

THE SACRED WORD, OM, SOUNDED FORTH

When we sound forth the sacred word OM as a sacred breath of Life, it has purifying and attracting or building effects: "The *Sound of the Sacred Word* when correctly used has various effects which might be touched upon here."

When we *audibly* sound forth the OM with the power of intention, it "**acts as a disturber and a loosener of the coarse matter** of the body of thought, of emotion, and of the physical body."

Then, OM sounded forth *silently* "with **intense spiritual aspiration, it acts as an attractive medium, and gathers in particles of pure matter** to fill the places of those earlier thrown out. **Students should strive to have these two activities in their minds as they use the sacred Word in their meditation.** This utilization of the Word is of **practical value, and results in the building of good bodies for the use of the soul.**"

"The use of the OM serves also to indicate to the workers on the universal planes, and to those in the outer world who are gifted with spiritual perception that a disciple is available for work and can be utilized actively in the needed places of the earth. This should be borne in mind by all aspirants and should serve as an incentive in making the outer phenomenal life coincide with the spiritual impulse." (Treatise on White Magic (TWM), 140/141)

THE DEVA AND HUMAN EVOLUTION

“With the coming in of this seventh Ray of Ceremonial Magic ... the deva [*angelic*] and human evolution will, during the next five hundred years, become ... more conscious of each other, and be able therefore more **freely to co-operate ... the benefit to both groups will be mutual. The human evolution should give strength to the deva, and the deva, joy to the human. Man should communicate to the devas the objective point of view, while they in turn will pour in on him their healing magnetism.** They are the custodians of prana, magnetism and vitality, just as man is the custodian of the fifth principle, or manas. (Treatise on Cosmic Fire (TCF), 183)

“It might be of interest here to point out that when *He* comes Whom angels and men await, and Whose work it is to inaugurate the new age and so complete the work He began in Palestine two thousand years ago, He will bring with Him some of the great Angels, as well as certain of the Masters. The angels have ever been active in Biblical history, and will again enter into the lives of human beings with more power than has lately been the case. **The call has gone out for them again to approach humanity, and with their heightened vibration and superior knowledge unite their forces with those of the Christ and His disciples for the helping of the race.**” (Externalization of the Hierarchy (EOH), 508)

SUGGESTION regarding the MEDITATION proper

Once deeply learned, hold these meditation instructions “lightly”. They are a ‘form’ and as is true of all forms, they can be naturally adapted to the specific needs and demands.

Be aware of *what is happening* rather than attempting to make something happen. Doing the meditation as described whilst simultaneously letting go allows us to participate with the Angels and Their work with us more fully. These Great Ones influence us with Their Ideas from the Universal Mind – the Mind of God. In this way, we participate in allowing the Real to come forth.

Note: You may want to play the OM (from the website) at least once during the formal meditation that follows to attune the vehicles to this higher vibration. The pieces selected from Harold Moses’ Om are Hz (hertz) notes corresponding with the most dominant ray energy pouring through the Constellation at this time to the best of our current knowledge.



MEDITATION

I. "THE BREATH IS THE LIFE POURING THROUGH ALL THE CENTERS" with the SACRED WORD, OM

- ◇ Come into the **peaceful Presence of the Soul through a conscious breath of Life pouring through all the Centers.**
- ◇ We breathe in a *conscious breath of Life* with the energy of Leo, visualizing and sensing it flow through the Heart of the Sun, through the Spiritual Hierarchy (where the Love of God is Known) and the Christ – the Divine Human representative for the New Age.
- ◇ With a conscious "Breath of Life pouring through all the Centers", **AUDIBLY** sound forth the Sacred Word, **OM**, disturbing and loosening, **dissolving and releasing atoms of lesser vibration** (we visualize and sense their release).
- ◇ With **conscious, intense spiritual Aspiration** (attuning to the *high* vibration of the Soul), breathe in the "Breath of Life" **drawing in atoms of higher vibration.** **SILENTLY** sound the Sacred Word, **OM**, pouring through all the Centers ... irradiating the mental body with Light, ... infusing the emotional body with Love ... and suffusing the vital etheric body with Life. ◇ Feel new Life pouring in ... balancing, ... healing and ... enlivening.
- ◇ With a conscious Breath of Life, **AUDIBLY** sound forth the Sacred Word, **OM**, allowing the solar-infused light of Leo enhancing *the vibratory field of the Soul – to enter the field in which we now live and serve, ... infusing and heightening its vibration.*

Take a moment to *realize* that every intentional, **conscious Breath of Life with the OM sounding forth**, is a deeper entry into the *True Soul (the True Soul Self)* – making a truer and fuller contact with Reality ... further awakening and expanding our Consciousness (*Awareness*) parting the veils to Its Ever-Presence ... and creating a fuller bridge for Soul descent and ascent.



NOTE: where asked to "see, sense or feel", one can visualize or imagine. In due time, imagination and creative visualization will give way to realization.

(Continue with Part II – Working with the Solar Angel and Angel of Leo of the 5th Petal)



II. WORKING WITH THE SOLAR ANGEL *and* THE ANGEL OF LEO – the 5th petal of the “Heart in the Head Center”.

◇ As we direct our attention to the Crown Center above the Head—the 1000-petaled Lotus, and to its Center—the “twelve-petaled Heart in the Head”, awareness of the ‘ever Presence of the Solar Angel’ stimulates our soul nature. ◇ OM

◇ The Solar Angel now brings us into resonance with the Angel of the 5th Petal of Leo, calling us into vibratory relationship. ◇ We allow ourselves to be guided by Their magical powers of Love, Intelligence and Holy Will upon our Way. OM.

◇ With the next conscious “Breath of Life”, follow the Life energy streaming from Leo through the Crown Center, passing slowly through the Ajna ... Alta Major ... Throat ... and pausing at the Heart Center sensing (imagining) the vibratory interplay between the higher and lower Heart Centers. ◇ The life energy continues flowing through the all centers — heightening and purifying (making sacred) every center ... ◇ a portion flowing out through the minor centers in the soles of the feet, into the earth – “Blessing the Earth upon which we walk”. OM

◇ Follow the energy as it circulates ... re-ascending up the central spinal column (or as a great ovoid, a *torus* of dynamic circulating energy flowing in all directions) ‘returning *Home* whence it came to the Crown’ completing a divine circulatory flow. OM

Here within our own Body is a great symbolic and *real* Truth of the Pilgrim’s journey, of ourselves as Monads / Spirits in extension journeying forth deep into matter for the purpose of “saving and redeeming” whilst returning to the Father’s Home – the Crown. *Remember.*

◇ *BE in the radiant flow of this circulating energy – standing in a fountain of down-pouring and up-rising energies ... with a sense of continuous filled-fullness ... for Giving (the true meaning of sacrifice – ever giving of one’s life).*

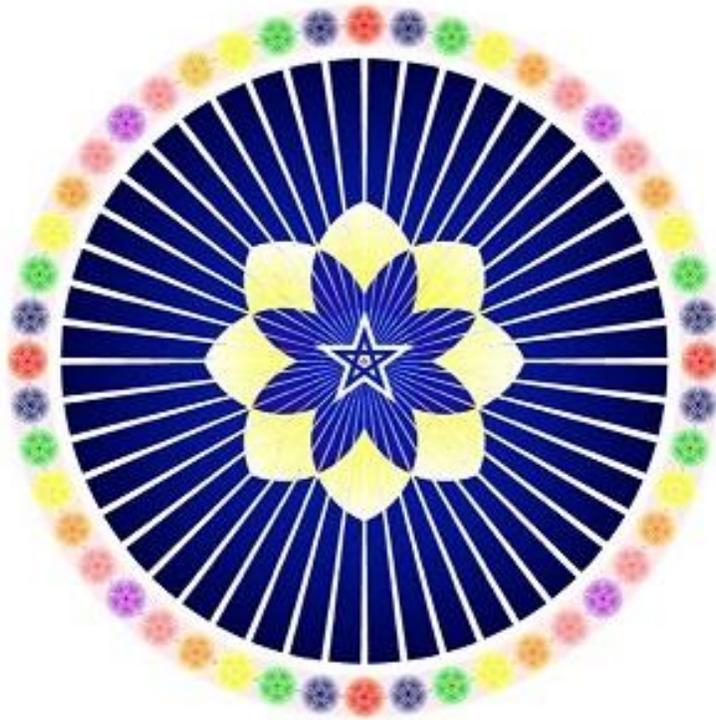
◇ We sound forth a silent OM, to affirm and seal in the new vibration.

(Continue with the Soul Star Group meditation below, Part III)



III. THE SOUL STAR GROUP – *The Soul is Group Conscious* *Moving Together As One in “Group Approach to Divinity”*

◇ In the prepared and enlivened vibratory state in which we now stand, we widen our Awareness ... *seeing* ourselves standing inside a large circle of *Participating Souls*, gathered as the “**Soul Star Group**” – *purposed* to work in “Group Approach to Divinity” – in the Company of the “Great Ones”.



◇ See **all Souls herein gathered as radiant spheres of living, lighted Love and Holy Will.**

◇ *Sounding the sacred Word, OM, in one simultaneous movement we extend a Soul ray of love and light to all Souls herein gathered ... together forming one fluid “sphere of Christ Love” – energized and infused by all our Soul Ray Qualities, Virtues and Powers. ◇ We are now “as if” we are a 1000 radiant spheres of Light and Love – strengthened in unified vibration. ◇*

Pause to sense the Soul Star Group as one whole – a pulsing beating Heart *filled full ...* standing in the vibratory field of the Spiritual Hierarchy. OM

◇ Let us turn our ‘subtle sense awareness’ to the *auric field of the Christ* – the **five-pointed Star, His symbol, standing ever in the center as a vital vibrational Presence of the Great Ones.** – OM

In the heightened energy field of the Christ, let us sense the Soul Star Group nestled within the matrix of the 7 x 7 of 49 Ashrams of the Christ ... His Star ever shining forth from the Center radiating magnetic power ... The energy field is as “One great Sphere of radiant Light – Love – and Holy Will” energized and infused by the Presence of the Christ and Masters of Love Wisdom, and all the Soul Qualities, Virtues and Ray powers of the Soul Star Group. ◇ A great flow of dynamic energy can be sensed streaming through the Soul Star Group and all consecrated Groups working on behalf of the Plan of God for the flowering of Humanity and the Earth. OM

Extending far and wide, we serve Humanity round the globe, presencing on Earth the living, loving, lighted Will of the Christ. His Presence, a purifying, healing, redeeming, saving force ... shows a higher Way for soul living. We prepare the way for the externalization of the spiritual Hierarchy and for His re-Appearance as the Aquarian Christ.

Be affirmed in the “joy of participation in the Masters' plans” knowing “all is well that associates [us] closely with Them.” (TWM, 368/9)

As a group, let us **sound forth the Great Invocation** — beginning with an OM, *whilst aware of the Soul Star Group as One Mind, One Heart, One Group Soul blessing Humanity.*

WE CLOSE WITH THE GREAT INVOCATION

◇ Briefly re-align with the Soul Star Group ... visualizing the group as a conduit for receiving and giving forth the energies of the Christ to Humanity. Infused with the great Heart of Leo, we extend these energies to *resound* in the Heart Soul of Humanity ... infusing and irradiating the Soul of all things with the power of Christ Love, Light and Holy Will ... evoking the Soul of All into fuller expression.

Identified with (as) the group Soul of the Soul Star Group, we participate with the Christ and the Spiritual Hierarchy when sounding ...



THE GREAT INVOCATION

The Sacred Word, OM

(Sounded three times as Light, Love and Power, respectively)



*1000 is a metaphor for “countless numbers”

◇ Throughout this day (and month) “come here often” – consciously entering the aroma of the magnanimous Soul Star group field ... intensifying in light and loving power through our Meditations, Contemplations and Diamond Soul Practices.



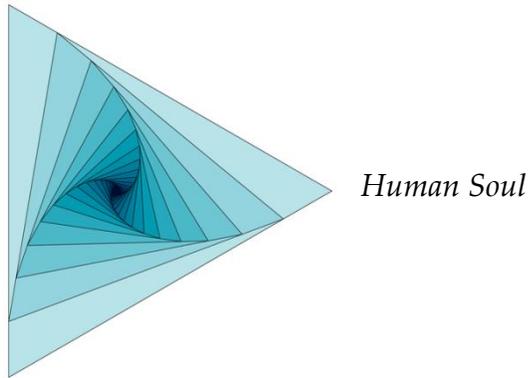
The DIAMOND SOUL PRACTICES and CONTEMPLATIONS for Day One continue on the next page.

DIAMOND SOUL PRACTICES and CONTEMPLATIONS for LEO - DAY ONE

“Leo is the Light of the Soul.” Leo UNFOLDS the Full Soul in us

“Humanity is an expression of two aspects of the soul, — the animal soul and the divine soul — and these two, blended and fused in man, constitute the human soul.” *Pause to contemplate*

Divine Soul



Animal Soul

“It is this fact that is the cause of man's special problems, and it is these two factors which involve him in the long struggle which eventuates in the liberation of the divine soul, through the sublimation of the animal soul. In these words lie much food for thought. "The twain shall be one". (EA, 248) *Pause to contemplate*

“Throughout the universe, it is the Soul which is the conscious, sensitive theme of the divine plan —

- 1) the **Soul as the anima mundi**, or the soul of the world animating all forms of life below the animal kingdom [*mineral and vegetable kingdoms*];
- 2) the **soul as the animal soul** and the extension of this to the bodies of all animals, **including the human physical body**;
- 3) the **soul as the human soul**, which is a still further expansion of the same sensitive factor but augmented or stimulated by the principle of self-awareness or focused personal sensitivity to all sub-human soul expression, **plus awareness...of the immortal or divine soul**;

◇ Remember the human soul is stimulated and augmented by the Solar Angel that fosters self-awareness or consciousness – which animals do not have, and an awareness

of the divine soul which cultivates divine faculties like being the Observer, compassion, and the power to create and manifest. Contemplate this.

4) and the... **Spiritual Soul on its own plane – the source** of consciousness as far as the three worlds of evolution are concerned, and **the goal** of all present evolutionary processes.” (EA, 295)

◇ CONTEMPLATE the Spiritual Soul – “as if” (“as”) being THAT ... sensitive on all these planes. ◇ Recognize what is *alive in you now*.