

ALIGNMENT

A preliminary stage in all meditation and contemplation practices is alignment. It is a simple process and, ultimately, can be achieved very quickly. Because it is very important and all success in meditation and contemplation depends upon it, it is a practice which is refined over a life-time of practice.

Alignment is a vertical set of relationships between aspects of the Self. Alignment ultimately seeks to fuse all components of the vertical into One. We can imagine that alignment is a series of boxes with each higher box fitting over and encompassing the lower smaller box. To be accurate though, we would have to also imagine that the qualities of the larger box condition and define the smaller box.

We can imagine the alignment as follows: the three-fold personality (physical body, emotional body, and mental body) aligns with the soul, the soul aligned personality aligns with the spiritual triad (the three-fold spirit or monadic body), and the triadally identified personality aligns with the monad. If this alignment were perfected we would have the awareness of the Christ or the Buddha.

The twin powers that we have in creating the alignment are the breath and our focused imagination. Our constant awareness of the breath vivifies and strengthens the alignment. The imagination creates that which it sees. We breath life into a vision of who we ultimately are.

Here is a simple form for the practice of alignment:

1. Centre yourself in an awareness of your breath. Do not seek to control it. Simply observe it.
2. Imagine light entering your physical/etheric body on the breath. See it dissolving all tensions and sweeping them out on the out-breath. See this body as full of light.
3. Imagine light and love streaming through the emotional body. See it contacting unresolved emotional issues. See them dissolve and being swept out on the out-breath. See this body as full of light.
4. Imagine light sweeping through the mental body on the breath. See it contacting old forms of thinking or limited thoughts. See the unravel and being swept out on the out-breath. See this body as full of light.
5. Image the three light-filled bodies fusing into one sphere of light: the personality.
6. Affirm to yourself: I let go of all personality reactions.
7. Visualize a ball of light above the personality. See this as the soul. As you affirm that you are the soul, see the soul contain the personality. Imagine the love of the soul pervading the personality.
8. Visualize a ball of light above the soul-infused personality. See this as the group soul. Imagine this as your soul group. See yourself pervaded by group love. Imagine this light pervading the soul-infused personality.
9. Imagine a large sphere of light. See this as the Spiritual Hierarchy. See a point of light which is your Master. See the Christ as a point of light at the centre of this group. Imagine you as the group soul as a point of light within this sphere.
10. Visualize a brilliant point of light. See this as Shamballa/ the monadic point. Affirm that you are anchored in the Will of God.
11. Sound an OM to affirm this alignment.

Once you are familiar with this outline for alignment, it can become a very rapid practice. It can be practiced many times per day. It is both a preparation for contemplation and meditation and also a reminder of who you are.