

Introducing Seed Thought Meditation in an Existing Meditation Group

If you belong to a meditation group that meets regularly, or if you know of such a group, they may be open to exploring different meditation techniques and would welcome a guest speaker at one of their meetings. The following is text and an outline that can be used to introduce seed thought meditation to others who are not acquainted with it:

Meditation with seed thought is a creative or spiritual meditation whose primary purpose is service rather than relaxation or therapy. The effectiveness of this form of meditation rests with alignment, clear thinking and intention. A short, focused and dynamic meditation is preferred. In group meditation sit with the hands (palms down) on the knees, and the feet apart; energy can then be freely radiated for group use. Please follow the outline in an alert way and do not allow your mind to lead you down bypaths, no matter how intriguing.

There are six common stages for any meditation sequence:

1. *Alignment*

Alignment is fundamental to creating a clear, undistorted channel for energy flow. The first part of alignment is being physically comfortable and alert, and the mind should be quiet. With eyes closed, see the physical body as relaxed yet vital and poised, interpenetrated by the etheric or vital body, which extends some two or more inches outside it; the astral or emotional body likewise interpenetrates and extends still further, enveloping the person as a pure ovoid; likewise, the mental body is a sphere of light interpenetrating and enfolding the others and extending beyond them, all held in alignment with the radiant, overshadowing Soul, the Higher Self.

2. *Concentration / Affirmation*

Control and focus of the mind is critical, so it is important to leave any personal problems or issues aside. The meditation is, therefore, first of all a concentration exercise on the plane of mind. Try to concentrate on the process without letting your thinking wander. When you can do this, you will prove your capacity to hold the mind to a chosen image, idea or theme.

3. *Reflective meditation*

Creative meditation is a process of sustained, controlled mental attention and activity using a seed thought. The choice of seed thought and the method of expanding it is left to your discretion and discrimination, but the seed thought should not be repeated like a mantra. Rather, it should be developed by thinking about its implications and meaning.

It is best to start with a short seed thought such as “There is one Beneficent Life pervading all existence.” Then consider it in relation to yourself, your work, your group, your nation, humanity as a whole, and back again to you as a creative agent. This can give you a certain insight into the meaning behind the words and disclose the way your mind works (or refuses to work) and how you handle it to bring it under control so that the *Soul* may use it to guide you on the outer plane. Do this in an impersonal manner, not longer than you can maintain a positive concentrated attitude.

4. *Receptive meditation (or Contemplation)*

After reflecting actively with the mind, there is typically a period of receptivity where one waits for any intuitive awareness to emerge.

5. *Invocation*

Those standing ready to help us must do so in response to our request and so we invoke the help that we wish for humanity. The Great Invocation can be used for this step or any other invocative prayer.

6. *Radiation*

Once we have generated energy through meditation, we need to then send it out with a specific service focus, intoning the OM and radiating the energy through the third eye or ajna center.