

Living with Fear - Meditation

It was suggested this week that the roots of fear lie not in viruses or government action or wars but in us facing ourselves. We fear seeing the part we have played in all these problems, karmically or in this life.

DK suggests a meditation which I will offer now for cleansing all the lower vehicles. In fact this is what our healing work is about - clearing the pathway for the soul light to flow.

In White Magic p345 I found these ideas -

Students may cure the fear habit through a direct method of relaxation, concentration, stillness and flushing the entire personality with pure white light. Proceed in the following manner:

You are, maybe, in a state of panic; suggestions of great unpleasantness are crowding in; your imagination is running riot, and your mind enforces the riot. Forget not that the fears of an emotional person are not so potent as yours. Having a strong mental body, you clothe your fear reactions with mental matter, highly vitalised, which causes a powerful thoughtform to be created. This circulates between you and the feared event.

Be not distressed, my brother, my sister but in calmness and in peace pursue your way. There is no life, at this time, without its difficult lot to bear, and what matter what it is? Love all. Serve all. Preserve your mental integrity and be not influenced by those whose hearts are bitter or whose tongues are cruel. "Joy cometh in the Morning."

- so let us meditate together linking with all our INEH group members -sit comfortably, rotate the head both ways to relax and take a deep breath:

"Proceed to seek quietness. Relax your physical body, endeavour to quiet your astral body as far as may be, and to steady the mind. Then visualise yourself as a triangle of personality, the soul and the Ashramic life—with deliberation call down a stream of pure white light, and, pouring it through your lower vehicles, you will cleanse away all that hinders. Continue this process until you realise that the needed work is accomplished"

"Now see before you a wheel of fire with seven spokes. See it immediately before your eyes. Then, by an act of the creative

imagination, see yourself standing in the centre at the hub of the wheel; there regard yourself as if you were that hub. From that central position, send out the seven streams of living love, radiating upon the world. When you do this you serve and are, at the same time, completely insulated from fear and from the effects of the world situation.” DNA1 156

OM OM OM