Dharana, Dhyana, Samadhi

The process of transformation on the path of yoga or discipleship requires a preparation of the mind. In general, our mind is attracted to many things in objectivity. We can also use this natural property of attraction to direct the mind inwards, away from external things. We can imagine light or a beautiful divine form full of light. Or we can imagine the light or a beautiful divine form full of light. This gives us the ability to meditate, to enter into the internal observation. But it is not correct. It is contemplation; it is observation, we remain in constant alignment with the divine soul. Visualization helps the mind to remain attracted to the divine form. The visualized form should be associated with something formless like space. So we can slowly connect with the light.

The mind is habituated to seeing forms; it is not habituated to relating with something formless like space. So we have to begin with a form that is very attractive to us and then move towards the formless divinity. We will gradually realize that the divine is formless and that we too are formless in reality.

Visualization helps the mind to remain attracted to the divine form. The visualized form should be associated with light, because it is actually the light that attracts. Attraction stabilizes our mind through the form we imagine in our heart or in our forehead. Gradually, we can visualize the form or the light for a longer time and approach it. In the first step we visualize the light, and in the second step we approach it. This is called the state of Dharana or contemplation. In the third step we associate with the light; this is called Dhyana, meditation. Slowly the light permeates us and begins to work through us. We will then work more and more in accordance with the Plan. In the fourth step we finally become the light, THAT. We merge with the Divine and become one with it. This is the state of Samadhi. In this process over many years the appropriate subtle bodies and tools are formed and we gain the corresponding consciousness.

It is normal that the mind finds the internal observation interesting at the beginning, but then the thoughts drift off quickly. As soon as we realize, we can bring the mind back. Again and again it goes away and again we have to bring it back to internal observation. This is also called the game of contemplation, Dharana. Today this is already called meditation. But it is not correct. It is contemplation; it is about seeing the light. We are in the aura of light. It transforms as Buddha and orients to the light which is called the soul.

The unstable mind should first become stable; this happens through contemplation. The mind is stable when the moment we close our eyes and think of the light, we see the light. Or we close our eyes, propose the subtle pulsation and we get into the subtle pulsation within 2-3 breaths. This gives us the ability to meditate, to enter into the light.

Meditation is an exercise of waiting with the awareness that the soul might descend at any moment and that the solar angel will flow through the whole system and we will become a perfect unit of light. Visualizations are an activity by which we grow proximate to the light. And when we invoke the names of the Masters, we ask for their help to become receptive to the soul energy; we wait for its coming. Through devotion and continuous visualization of the light, combined with observing respiration and the pulsation, we remain in constant alignment with the divine light.

Practice of Visualization

If we are not able to visualize the light, we can try by uttering OM more often. We can also imagine the light; there is no special prerequisite for this. We gain the ability to
visualize according to the ability to align and focus. This depends on the general state of purity that we have achieved in our own lives. Most of these techniques protect themselves; the fruits can only be obtained once the fundamentals have been clarified. But that should not keep us from practicing the power of visualization and imagination. It is very important on the path. But as long as our external life is not well organized, i.e., in accordance with the law, this is not possible. A confused mind is like fog; a pure mind leads to visualization through introspection.

Master Morya suggests that if we can’t imagine anything, at least we can try to guess something. This way we slowly develop visualization and then vision: “Let vision come and insight.” If you don’t even try to guess and imagine, you cannot train your mind.

In the East, they recommend that to utter once again OM or to say “Master Namaskarams” when we slip into objective life. Thus, we will slowly gain the necessary strength to relate inside. It also helps to read descriptions of visualizations and to imagine them or to visualize different colors inside. For example, if we utter the sound “Ram” - a fiery sound - we can imagine a vermilion colour. This causes purification.

### Inner Vision

Fire is the middle element, and sight is the middle sensation. Among the five senses and sensations, the eye and the sight are the most important. Sight also gives the ability to visualize. Without the inner eye, we cannot see anything inside. Visualization activates our mind; with it we can develop the subjective mind and work on the inner side. The seers recommend visualizing many things inside.

All lotuses - Sahasrara, Ajna etc. - are on the etheric plane and not on the physical plane. They are lotuses of force. Force itself is not visible, but when a machine works with it, the force becomes visible. The lotuses have an etheric state and are visible only to the inner eye. First we can visualize them and later we can really see them. The upper petals of the solar plexus develop the internal perceptions. When they are open, you can sense the smell of divine beings; you can visualize their presence, feel their touch and hear things coming from within. When they are not open, you cannot hear, see, taste or smell well inside. The lower petals of the solar plexus allow us to relate to objectivity.

In our interior we can visualize a vertical column of light with seven lotuses that unfold and radiate their light in all directions. The column of light is also called Sushumna. We can imagine withdrawing from our senses and the mind, gathering in miniature form inside the heart and rising from there through the spine. We move up with the sound of OM and enter the surrounding space through the Ajna centre. We see there an expanse of blue.

We can visualize that we are sitting on top of the earth and everything around us is blue. When our vision wavers, we can utter OM again. In this way, we can experience release from the body.

### Chakras and Lotuses

In our visualization we should not contemplate on chakras; chakras are energies moving in circles, while a lotus is an unfolding energy. Chakras imprison the awareness; lotuses release it. When we consciously move from centre to centre from bottom to top - while visualizing the related colours and intoning the related sounds, it is called the process of transmutation. When we visualize how the light of the Master enters into us from above, this work is called transformation. One visualizes the ascent and the descent. During the descent, we observe the work of the Master or the Divine as our spinal column filled with radiant light and the work of repairing our system happens within. We can also visualize that the Master descends into us, from the upper part of our forehead, and then he grows in us. Finally, he surrounds us and we sit in him. He guides us on the path; his presence purifies everything in us and frees us from all material thoughts. For this visualization, the pictures of great initiates, who directly look at us, help. We can look into their eyes and become one with the Light.

### Astrological Visualizations

We are a microcosm in what we call “God”. When we link microcosm and macrocosm through visualization, we find the entire universe with the planetary, solar and cosmic intelligences in our bodies.

The Vedas say that astrology is the eye of wisdom; it is the most important key to comprehending everything better. We are an image of God and our personality is a temple through which all the energies can be transmitted to benefit the surrounding.

For this reason, we should daily visualize the sun signs and the planets in the body. With the help of an astrological diary we can have a look at the planetary positions and feel the energies of the planets in our system. First, we can imagine our natal chart in the body. We can visualize the sun in Aries in natal chart to be in the upper part of the head; if it is in Capricorn, we can visualize it in the higher heart centre, and with Pisces we can visualize it is above the head. We can then feel the progressed chart in us and finally the transits of the planets. Meditating on these aspects significantly contributes to neutralizing our karma.

Sources used: K.P. Kumar: Occult Meditations. Notes from seminars. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)

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