

Preliminaries:

- Please turn off all cell phones or other devices which may interrupt us.
- During the meditation itself there will be two places where I will ask you to repeat phases after me. These phases are optional, so speak them only if you wish.
- The last part of the mediation is the Great Invocation. As I stated these full moon meditations are done throughout the world and generally end with the Great Invocation. We have passed out copies of this invocation to make it easier for you to say. But, again, it is optional and you do not need to say it.
- Shortly after the end of the meditation I will move outside the meditation area. I do this as it's my believe that when in a meditation it's improper to leave before the meditation leader and this then is the signal you may leave. I will also state that it is not a signal that you must leave. Many people after the meditation feel calm and relaxed and wish to stay in that energy field for a while. Thus you welcome to remain as long as you wish after the meditation.
- Again, some of the terms in this meditation you might not understand or heard before. Do not concern yourself about them and simply try to flow with the energy.

General Full Moon Meditation

Find a good position, breath deeply, and imagine you fill your body with God's Light.

Quiet the etheric physical vehicle with slow, regular breathing. It should feel relaxed, poised and vitally alert.

Calm and clarify the emotional nature until it is a once peaceful and sensitive.

Bring the mental vehicle into a state of focussed alertness and responsiveness to higher impression.

Withdraw the consciousness inward until it is focussed within the radiant field of Light and Love, which underlies and pervades the entire personality nature. Thus, focus the consciousness within the radiant Egoic Lotus within the Causal Body and dwell within the presence of the soul (the Solar Angel).

From this high point of focus attempt to realize the true nature of Light, Love and Power, which embraces all the apparently individual spheres.

Now we take you into the inner worlds. Use your imagination or visualize. Inside you, below every thought, below all emotions, deep, deep inside you is the Jewel. As the still water

General Full Moon Meditation

reflects the sky, thus the calm, peaceful Soul reflects the perfect picture of Christ. Be still, be still, inside, be calm.

Let us now use our creative imagination, visualize the opening of the heart as a golden Lotus, see its beautiful form and the colors, hale in its aroma. See its deep-blue whirl of love-fire.

Short pause

From this a golden tread is drawn up to the pineal gland in the middle of the head. The energy-line from the heart has now been strengthened by the golden light from the center of consciousness – follow the energies up through the crown center further up to the Soul, the higher Self – and further up to the intuitive Plane – the Buddhic and higher up to the Spirit.

Realize your lower nature as a harmoniously integrated unit ready for work under the guidance of the over-enlightening Soul.

Short pause

General Full Moon Meditation

Group fusion

We affirm the fact of group fusion and integration within the heart center of the New Group of World Servers, mediating between Hierarchy (Brotherhood of initiated Souls) and humanity, and together we say the following verse, you say after me:

I am one with my group brothers and sisters and all that I have is theirs.

May the love, which is in me, pour forth to them.

May the strength which is in me lift and aid them.

May the thoughts which my Soul creates reach and encourage them.

Short pause

Alignment

We now project a line of lighted energy towards the spiritual Hierarchy of the plane, the planetary heart, the great Ashram of Sanat Kumara (Lord of the World) and towards the Christ at the heart of Hierarchy.

Extend the line of Light towards Shamballa, the center where the Will of God is known. We stand as a group within the periphery of the great Ashram, the Hierarchy. At this point we are open to the extra-planetary energies now available.

General Full Moon Meditation

Higher Interlude

Focused within the Light of Hierarchy, planetary heart center, hold the contemplative mind open to the Hierarchical work of precipitation for the Reappearance of the Christ in line with the Plan.

Short pause

Meditation (Choose appropriate sign)

We now reflect on the seed thought, which for this month is:

- Aries I come forth, and from the plane of mind I rule.
- Taurus I see, and when the eye is opened, all is illumined.
- Gemini I recognise my other self and in the waning of that self I grow and glow.
- Cancer I build a lighted house and therein dwell.
- Leo I am That and That am I.
- Virgo I am the Mother and the Child, I God, I matter am.
- Libra I choose the Way that leads between the two great lines of force.
- Scorpio Warrior I am, and from the battle I emerge triumphant.
- Sagittarius I see the goal. I reach the goal and see another.
- Capricorn Lost am I in light supernal and on that light I turn my back.
- Aquarius Water of life am I, poured forth for thirsty men.
- Pisces I leave the Father's home and turning back, I save.

General Full Moon Meditation

(now we meditate in silence for about 10 min.) [\[Play music\]](#)

Precipitation

Using the creative imagination, visualize the energies of LIGHT, LOVE and the WILL TO GOOD pouring through the planet and becoming anchored on Earth in prepared physical plane centers through which the Plan can manifest.

We use the six-fold progression of Divine Love as the sequence of energy precipitation.

Shamballa –

Hierarchy –

The Christ –

The New Group of World Servers –

Men and women of Goodwill everywhere in the world –

And in the physical centers of distribution in the world –

Short pause

Lower interlude

Refocus the consciousness as a group, within the periphery of the great Ashram. Together we sound the affirmation – and you say after me:

General Full Moon Meditation

In the center of all LOVE I stand.

From that center I, the soul will outward move.

From that center I, the one who serves will work.

May the love of the Divine Self be shed abroad,

In my heart, through my group and throughout the world.

Distribution

As we sound the Great Invocation, visualize the outpouring of LIGHT and LOVE and POWER from the spiritual Hierarchy throughout the five planetary inlets: Geneva – New York – Tokyo – Darjeeling – London – irradiating consciousness for the whole Human Race:

General Full Moon Meditation

The Great Invocation

From the point of Light within the Mind of God

Let Light stream forth into the minds of men.

Let Light descend on Earth.

From the point of love within the heart of God

let Love stream forth into the hearts of men -

May Christ return to Earth -

From the center where the will of God is known

let purpose guide the little wills of men -

The purpose which the Masters know and serve -

From the center which we call the race of men

let the Plan of Love and Light work out.

And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

OM OM OM