

ESOTERIC LENT

A SUGGESTED MALA MEDITATION PRACTICE

For the remaining period of Esoteric Lent – **before sleep, or morning meditation** (thus setting the field for the day) **and/or throughout the day** (as contemplative mystics do).

Using a MaLa containing 108 beads – this sacred number corresponds with the number of Kumaras encircling the Earth and are connected with the Lord of the World Whose name is Sanat Kumara.

In this Diamond Soul spiritual discipline, we begin with “spiritual reading” attuning to the source and meaning of the living idea behind the word phrase. With this deep intention in mind, *sound* your selected phrase 108 times (mentally or in a whisper). Before you begin, take a moment to attune with the Soul Star Group with Christ in the Center.

◇ **“As He Is, So May We Be in this World”** (or creatively interchange the pronoun “we” with “I”).

◇ **“Be ye therefore perfect, even as your Father which is in *heaven* is perfect”** – (or interchange the pronoun to “I”) – **“I am perfect even as my Father in heaven is perfect”** (confirming one’s Identity and relationship to the Monad and True Soul).

◇ **“We shall be like Him for we shall see Him as He is”** – (Imitation of the Christ).

◇ Others of your choice, including: **“I live at the highest possible point all the time”**. (*“I CALL YOU TO DISCIPLINE ... TO THE CONSTANT EFFORT TO LIVE AT THE HIGHEST POSSIBLE POINT ALL THE TIME”*)

Know that (attune with) the energy of 108 Angelic intelligences flying to you organizing a sphere of units in that number in “ordered Love” – As above, so Below, in the microcosm that you are. The etheric MaLa built around you shall carry the energy of the Truths and living powers of these phrases – assisting each of us to *attain* these high achievements. In *humility*, we serve the Christ as we think these Soul Ideas into the heart and thought streams of humanity – for “the Soul of Humanity to come forth” in concert with the Plan of God. The Plan is supervised by the Christ, and the spiritual Hierarchy and humanity implement the Plan in cooperation deep.