

Spiritual Studies Institute



COMMUNITY LIGHT MEDITATION

self-exploration • group learning • spiritual transformation





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Our Mission, Vision and Values

Our Mission

Our purpose is to serve humanity by providing opportunities for group learning and the development and application of spiritual awareness. The focus of our curriculum is derived from the teachings of Christ, Buddha and other masters with special emphasis on the writings of the Tibetan Master Djwal Khul. We are a non-profit organization and members contribute according to their abilities.

Our Vision and Values

Our vision is to be a global community dedicated to goodwill, service to humanity, and the evolution of human consciousness. Through committed group study and personal application of spiritual principles, we identify with the good, the true and the beautiful and integrate Spirit, Soul and Matter.

We are an inclusive community dedicated to the active expression of love, wisdom and the unity of all. We recognize that goodwill is at the core of each of us and we value the interdependency of our organization with other spiritual communities. We honor the right of each participant to express his/her understanding and beliefs. We respect the needs, rhythms and paths of others.



Introduction and Explanation of Terms

The Community Light Meditation (CLM) allows us to overcome obstacles in the process of our spiritual unfoldment. In addition, it provides a “map” to our hearts, minds, and souls – in short, to ourselves.

In this meditation, there is the opportunity to use a meditation theme or “seed thought”. Please select one before you begin the meditation. (The Spiritual Studies Institute provides a seed thought each month to assist you in your process.) A seed thought is something upon which to focus and think through, resulting in more inclusive, loving understanding and awareness. In this process, not only are we focusing on our individual selves, but also on the group as a whole – greater humanity.

As an alternative to using a seed thought, you may choose to simply focus inwardly, listening intently to the silence and attuning yourself to the Divine. Both approaches are equally effective. You will know intuitively which one works best for you. The choice is entirely yours.

You may also choose to select your particular gift quality before beginning the meditation. Your gift quality is an attribute you have been inspired to manifest in your life. “Joy,” “Clarity,” “Illumination,” and “Truth” are examples of gift qualities and are

manifested with the intent of serving others. Actively serving the group and humanity as a whole is one of the great achievements in the spiritual life.

The sacred word “OM” can be sounded either aloud or quietly, or it can be allowed to reverberate silently within. Also, please keep in mind that the focus through the different stages of the meditation is directed toward the energetic level – the etheric correspondences to the physical body parts mentioned.

In the beginning of the meditation, we place our focus in the abdomen, approximately three inches below the navel and about two and one-half inches inward depending on the body type. Later, we place our focus in the center of the head in the region of the etheric pineal gland.

We close with the “Great Invocation,” a non-denominational prayer acknowledging and honoring God as the Intelligent Being of our universe. In this prayer, the word “Christ” is used to encompass a universal consciousness permeated with love and good will that we hold in our hearts.

It is important to regard the Community Light Meditation in its entirety and to move through all five stages sequentially from the beginning to the end.



About the Community Light Meditation

What is the Community Light Meditation?

Community Light Meditation is a guided meditation involving a process of focusing and utilizing higher stages of consciousness. Centered in the here and now, the process moves from the more instinctual to the more mindful stages of consciousness.

CLM consists of five steps – concentration, meditation, contemplation, illumination, and inspiration – allowing humans to step up and down the “consciousness ladder.” It can be thought of as a process of becoming and letting go. CLM is non-denominational and demonstrates equality because everyone can learn it, and it can be practiced any time and any place. In addition, it is an effective stress reduction meditation.

What is the Community Light Meditation based on?

CLM is based on several texts, including the “Bhagavad Gita,” which presents a description of the Soul. The dialogue between Krishna (representing the Soul) and Arjuna (representing the aspirant) reveals the Soul’s glory behind every form. CLM also draws from the “Yoga Sutras,” which present a step-by-step graded system of development of the Soul; the “New Testament,” which focuses on the power of the Soul as demonstrated in the life of Christ; and, “From Intellect to Intuition” by A. A. Bailey, which interprets these techniques in modern-day language.

How is the Community Light Meditation implemented?

By using the mind in connection with, but separate from, the brain, attention is focused from one stage of consciousness to the next – or up and down the “consciousness ladder.” Sound is utilized in “mantras” and the sacred word “OM” to open up and stabilize ourselves in different states of consciousness.

Overview of the Five Steps

The “Consciousness Ladder”



3. Contemplation

Transcended thoughts
Identified with soul
Interlude of silence

2. Meditation

Transcended emotions
Mind focused and clear
Aligned with soul

Verbalize mantra:

*More radiant than the Sun,
Purer than the snow,
Subtler than the ether is the Self,
The Spirit within us.
We are that Self, that Self we are.*

1. Concentration

Focus mind in abdomen
Draw senses inward
Move energy upward

4. Illumination

Thoughts reactivated
Loving understanding
Truth formulated and
expressed in words

Verbalize mantra:

*There is a peace that cannot
be understood;
It abides in the hearts of those
who live in the Eternal.
There is a power that makes
all things new;
It lives and moves in those who
know the Soul as One.*

5. Inspiration

Emotions reactivated
Union of heart and head
Life of inspiration



Community Light Meditation

STEP-BY-STEP PROCESS

The group at SSI recorded this meditation for you. If it feels comfortable, please feel free to tune into us, sound OM and say the mantras along with the group.

(Bells, three rings...)

I. CONCENTRATION

We straighten our spine, sit erect, and put both feet on the ground.
We connect our energy centers like pearls on a string.

~ **PAUSE**, circa three breaths long.

Together, we quietly sound the OM,
achieving relaxation in the etheric physical body.
Quietly, we sound the OM, achieving calm and tranquility in the emotional body.
Quietly, we sound the OM, achieving mental clarity and focus.

~ **PAUSE**, circa three breaths long

Next, we focus our attention in the middle of the abdomen.
Inside the belly, we visualize a small energy ball.
For a moment, we deeply breath in and out of this energy ball.

~ **PAUSE**, circa three breaths long

Slowly, we move this energy ball down to the base of the spine,
and then slowly up the etheric spine.

Momentarily, we pause between the shoulder blades,
near the heart center.

We sense for a moment the expansive,
loving energy of this center.

~ **P A U S E**, circa three breaths long

II. MEDITATION

Continuing upward, we move the energy ball further up
the etheric spine and into the head, letting it come to rest
in the center of the head near the etheric pineal gland.

~ **P A U S E**, circa three breaths long

Soul Alignment

Together we say, with focused attention,
the ancient mantra:

*More radiant than the sun,
Purer than the snow,
Subtler than the ether is the Self,
The Spirit within us.
We are that Self, that Self we are.¹*



¹ "From Intellect to Intuition," p. 228, by A. A. Bailey.

III. CONTEMPLATION

Soul Identification

Slowly, we move our attention from the center of the head, up and above the head. We lift our attention as high as is comfortable. We hold our attention one-pointedly. We are ONE with soul.

~ **PAUSE**, circa three breaths long

Group Integration

If we meditate alone, we can skip the following step.

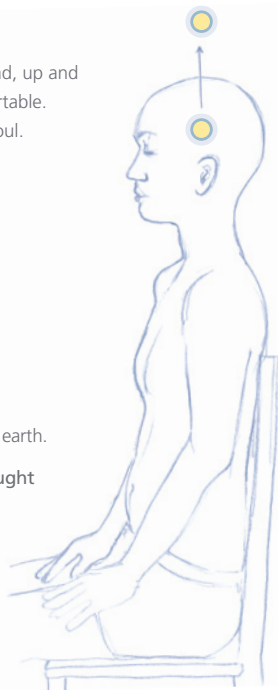
If we meditate as part of a group,
we each say our name – or our chosen Gift Quality,
loving and connecting with each other as souls.

We imagine that we are all points of soul light,
fusing and blending to make a radiant sun,
with rays of light going out toward the four corners of the earth.

Contemplation and/or Reflection on Group Seed Thought

Next, we contemplate for ____ minutes,
experiencing the silence of soul.
(select a length of time from 5 to 20 minutes).
During this time we also can focus on a
selected seed thought.

~ **PAUSE**, ____ minutes long



IV. ILLUMINATION

Slowly, we return our attention to the mind and brain, recognizing that they are interpreters of the Soul's impressions. We focus back in the head center. To stabilize our consciousness in the state of illumination, we say together the following mantra:

*There is a peace
That cannot be understood;
It abides in the hearts
Of those who live in the Eternal.
There is a power
That makes all things new;
It lives and moves
In those who know
The Soul as One.²*

Opportunity for Service

To distribute the energies contacted, we send out and connect through light, love, goodwill, and service with groups who are helping their brothers throughout the world, and with all humanity.

~ **PAUSE**, circa three breaths long



² "From Intellect to Intuition," p. 228, by A. A. Bailey.

V. INSPIRATION

Moving our attention further down into the heart center, again we pause. Using the focused will, we unite heart and head. They are becoming ONE, giving us understanding and intelligent love.

~ **PAUSE**, circa three breaths long

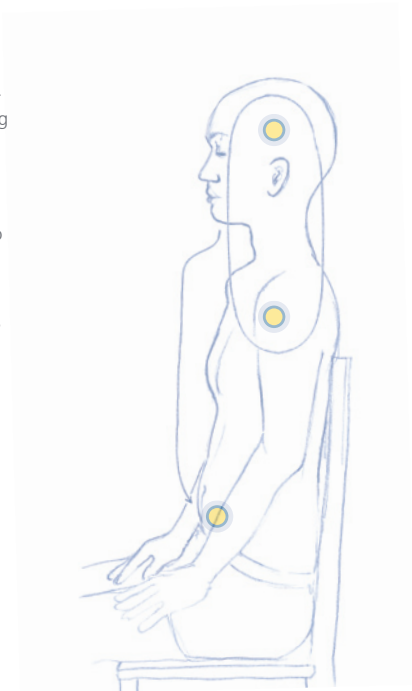
Finally, we continue moving our focus down into the belly.

Deeply we breathe in and out the belly. With each breath we relax and ground ourselves within the physical body.

~ **PAUSE**, circa three breaths long

Slowly we come back into the here and now. We open our eyes, being inspired and present!

We say The Great Invocation ...



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.

To close, together we sound OM three times:

OM ... OM ... OM.

(Bells, three rings...)



Our Philosophy

Emphasis is on the one Master in the heart, the soul – the true spiritual man within each human being.

We do not teach theology. Students are encouraged to think for themselves and formulate their own opinions and ideas. Students are under no obligation to accept any of the material or ideas presented.

No loyalty to Spiritual Studies Institute is expected. No Master or guru runs Spiritual Studies Institute. Status, title, and position are of no importance.

Students may concurrently work in any of the occult, esoteric, metaphysical, or orthodox groups and churches, or any community group or social organization. These activities can be looked upon as fields of service.

We strive to apply spiritual awareness to our daily lives and practice “mindfulness” and “harmlessness”. We are co-workers who focus on a common goal: group work, self-discovery, and spiritual transformation.



About Uta Linde Hoehne, PhD

Uta Linde Hoehne, Ph.D., is a psychologist, specializing in self-discovery and spiritual issues. For twenty years, she has organized and facilitated groups for meditations, classes, and seminars on spiritually oriented topics both here and abroad.

She is the Founder and CEO of the Spiritual Studies Institute, a non-profit organization dedicated to the advancement of spiritual psychology.



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