

# **SPIRITUAL UNITY MOVEMENT**

## **FULL-MOON MEDITATION**

**Updated December, 2002**

As a prelude to our group meditation, let's spend a few moments to lovingly stretch our bodies ... and dissolve any muscle tension or stress... Just s-t-r-e-t-c-h out ...roll your shoulders...elongate your neck...or slowly turn your head from side to side...

Now, let's take a few moments to allow our bodies to relax and become comfortable...as we make ourselves ready for meditation.

There will be a ten-minute period of silence during this meditation. At the end of our meditation, we will be sounding The **Great Invocation**, which is printed in your program.

With the intention of loving cooperation, in affinity with the spiritual consciousness of Humanity, let us move now into our world service meditation.

### **1. Lower Alignment and Intention**

Let your breathing be quiet, natural and rhythmic now as we close our eyes and sound the sacred word **OM** three times.

First, to condition the physical matter of our brains to receive spiritual impressions...**OM**

Again, to quiet and stabilize the emotional consciousness within and around the group...**OM**

And, finally, to clear the group mind, opening a clear channel to spiritual levels of consciousness...**OM**

### **2. Soul Alignment and Group Fusion**

Let us spiritually intuit the vibratory sound of the group soul and sound the sacred **OM** silently, as we link with the Light of the Soul...

Visualize your Soul linking in consciousness with the Souls of those who are present here...and visualize our Group Soul linking in perfect harmony with the Soul of Humanity.

### **3. Higher Alignment**

We align ourselves with the group of Saints, Sages and Masters of all time...

Mentally project a beam of light from the soul of this group to your highest understanding of your Spiritual Source.

Imagine in front of you, a concentrated, iridescent stream of golden light-consciousness...flowing, far in the distance, into the spiritual source that symbolizes your highest perception of Infinite Love, Light and Elegant Power.

Imagine that you step onto what appears to be a moving pathway of shimmering consciousness. As it flows forward, you become bathed in its elegant energy that is radiating through you.

Be aware of your forward motion as you move closer and closer ...then advance directly into the Light as your soul and all the souls linked in meditation with yours embrace and are embraced by the source of Infinite Love, Light and Power. And you let yourself BE in the harmony and elegance of Its Energy.

And as you absorb the experience of Being in the wholeness and harmony of pure Spiritual Light...allow yourself to be open and receptive to enlightened ideas, inspirations and symbolic communications as we inwardly sound the seed thought: *Seed Thought for Month*

*Repeat Seed Thought for Month*

(Leader can repeat the seed thought more than twice if it feels necessary to refocus the group after some time elapses.

(Pause: for 10-min. meditation)

### **4. Lower Interlude**

Gently now...let us bring into our thinking minds those impressions and insights that touched us during the silence...and allow them to be formulated into practical ideas that serve the highest good for our community, and our world ... (Allow 3 minutes for this)

## **5. Precipitation**

Visualize the energies of Infinite Light, Love and Power pouring through and around our planet.

See this energy being made available for men and women of good will to implement into creative solutions for world challenges.

Now, (with eyes open, if you need to read it from your program...or with closed eyes, if you know the words, we will sound the great invocation together pausing between each stanza to visualize the intent of which we are speaking: after which we will repeat the sacred **OM** three times in one continuous and creative sound:

***From (pause) the point of Light within the Mind of God  
Let Light stream forth into the minds of men.  
Let Light descend on Earth  
(pause)***

***From (pause) the point of Love within the Heart of God  
Let Love stream forth into the hearts of men.  
May Christ return to Earth.  
(pause)***

***From (pause) 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.  
(pause)***

***From (pause) 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***

***(Continuous) OM ..... OM ..... OM***

When you are ready, you may bring your awareness back to the room and open your eyes.