

Idealism and Devotion in Spiritual Life

Idealism, in your personal life, is at the root of your modeling upon and emulation of others: by holding select individuals as your ideal, you strive to become like them. It can spur you to be your best and to do your best, and to continually improve yourself.

In the spiritual life, this idealism is directed to your spiritual Master: you seek to attain the same spiritual state as he or she has achieved. In your spirit, this expresses as love for God and yearning to be with God, or to unite with God—this aspect of spirituality we call *devotion*.

Individuals with great devotion have powerful motivation to make spiritual progress and to move across the gap between the spirit and God. Some spiritual traditions believe that devotion is so important that they say that God cannot be realized without love and devotion, because the path back to God is a path of love. Those that have this powerful devotion often gravitate to paths that emphasize Bhakti or Nada Yoga.

Not all individuals have this idealism in their makeup; for them idealizing others and having devotion seems almost alien, and they cannot understand why others seem caught up in these tides of emotional enthusiasm—they prefer more of a rational or intellectual form of spirituality. These ones are often drawn to different schools of Philosophy, or Jnana Yoga Paths.

Others, who have will and intention as their dominant characteristics, are commonly attracted to Raja Yoga Paths. They seek to take charge of their spiritual development and draw closer to the Divine; they often will utilize some form of transformational method, like bija mantra or Kriya Yoga to unfold their spiritual potentials.

In the Mudrashram® system of Integral meditation, we seek to incorporate all three of these forms of spirituality.

The Seven Keynotes of the Sixth Ray

The qualities of the Sixth Ray play a role in personal success and spiritual advancement. You are invited to examine yourself to see if you have these qualities, and to notice how these qualities impact you personally and spiritually. The three personal qualities are commitment, dedication, and sacrifice. The four spiritual qualities are charity, human love, devotion, and unconditional love.

Commitment – This is the ability to give your word and keep it. It is at the bottom of your ability to keep a job, to maintain a relationship, and to persist in a long-term project despite obstacles or hardships.

Dedication – This is your ability to do your best and to live up to your highest standards. When you have dedication, you bring love into your work. You seek to continually improve yourself and to make yourself a better person.

Sacrifice – This is the ability to let go, give up, or renounce things or activities that are not directly related to your most important goals. Sacrifice means you willingly say no to activities that are fun or exciting; you instead pursue your studies, your art, your athletic training, or your spiritual practice.

Charity – This is sharing what you have with other people. It may be food, money, your time and effort, or your talents and skills. Charity often takes the form of financial donations or volunteer service; it concretely expresses your caring and concern for others.

Human love – This is the love we express for others who are important to us. This includes the acts of kindness and affection we do for others: the gifts we give, the time we spend, and the moments we take to let others know that we love them.

Devotion – This is the spirit's love for God. It often takes the form of a deep yearning to be with God and the spiritual Master.

Unconditional love – This is the Soul's love for other souls; it is the central flame out of which the triune streams of compassion, wisdom, and power emanate.

Let us take a moment to reflect on each of these qualities to see if they are present within you, and how they express.

- (1) To whom and to what have you made commitments?
- (2) To what do you dedicate yourself? How does this impact your performance?
- (3) In what ways have you made sacrifices in your life? What did you give up? What did you gain as a result of your sacrifice?
- (4) When have you done charity? How did this make you feel?
- (5) To whom do you express human love? What forms does this love take?
- (6) Do you feel devotion? To whom is your devotion directed? How does devotion motivate your actions?
- (7) When have you felt unconditional love? Are there certain people or animals that evoke this from you?

We Are Relational Beings

The Sixth Ray underscores that we are relational beings. We do not live alone in this world, but we live with others—this imposes the requirement that we must choose how we will live our lives. We make choices when:

- (1) We encounter others
- (2) We interact with others through communication
- (3) We feel our experience in reaction to our interaction with others, and form attitudes about them
- (4) We create meaning from our experience
- (5) We decide what we will do with our lives in each moment
- (6) We decide who we will admit into our lives as friends and lovers, as mentors and teachers
- (7) We decide to love another person, to accept them as they are, and to forgive them for when they hurt us or when they do not live up to our expectations for them

Let us take a moment to reflect on these choices we make about other people—when we encounter them, when we communicate with them, and when we react to others, and create meaning from our experiences.

Let us also reflect on those intimate choices when we decide what to do with our lives, whom we admit into our lives, and when we decide to love another.

Notice what options you may have had, and what choices you made at each of these levels after considering them.

The Filter of Belief

The Sixth Ray teaches that you condition your experience of reality through your beliefs. Beliefs influence your behavior, motivation, perception, values, and what you consider is most important in your life—what you are living for.

The Sixth Ray points out that belief's influence in these different aspects of your life ultimately may impact what you choose:

- Depending on what you believe, you can limit your experience, or you can expand your experience.
- Belief can turn your experience into heaven or hell.
- Belief can open an individual to the possibilities of love, happiness, and abundance, or it can condemn them to the prison of loneliness, despair, and poverty.

The Sixth Ray reveals that if your beliefs are creating limitations in your life, you can change those beliefs by:

- (1) Having new experiences that disconfirm your old beliefs
- (2) Actively confronting erroneous or limiting beliefs through rational disputation, affirmation, or through gaining new realizations
- (3) Through viewing the event or situation from a new perspective (reframing)
- (4) The touch of the Holy Spirit, which heals your trauma, relieves your fear, and comforts your grief
- (5) Faith in God, which awakens to you the possibility that you can become whatever you can dream
- (6) Awakening the Power of the Soul, which is able to create new possibilities
- (7) Creating a new reality for yourself—a reality you did not believe was possible or that seems like a miracle

The Encounter with God

The Sixth Ray shows you that ultimately, whatever you can create in your life—is but a shadow before the Infinite Splendor and Majesty of God. The Sixth Ray teaches you that on your spiritual journey, you must encounter God—your finite mortal nature beholds the Infinite, Eternal nature of God. This changes you.

- It may lead you to change your behavior
- It may lead you to change your beliefs
- It may lead you to change your values
- It may lead you to re-evaluate what you consider important in your life

This encounter can dramatically transform your attitude, your character, and your sense of why you are alive. Those who have this experience say they have undergone a character reformation, a conversion, or even, have been born again.

The Power of Invocation

When the knowledge of a Higher Power dawns in your life, there is an urge to communicate with this Being, and to build a relationship. We call this urge to communicate and relate to the Divine, *invocation*. Invocation takes different forms in different faiths. It can express as:

- Faith in God or remembrance of God
- Singing and worship ceremonies
- Prayer and dialog with God
- Chanting the names of God
- Meditating on the Nadamic Current (Nada Yoga)
- Dedicating all actions to the service of God (Karma Yoga)
- Performing pilgrimages or participating in holy rituals

In the Mudrashram® System of Integral Meditation, we teach that prayer and chanting are important invocational methods. We hold that Nada Yoga is a core element in spiritual development, and that Karma Yoga spontaneously arises from your desire to be of service to God and other living beings.

Whatever faith you hold, whatever form of the Divine you worship, you do not have to abandon your religious faith to follow Mudrashram®. If you wish to sing to God, or participate in spiritual rituals, you are at liberty do these things.

We point out, however, that it is important that you do not lose sight of the core work of unfolding your Soul, opening the Path of your spirit, and consciously witnessing these changes that occur as you undergo Initiation. Your ultimate goal will be to unite with that Divine Beloved of your spirit, and to ascend to your own Mastery, so you can be the instrument of Love without Measure and Unbounded Grace.

Creating Your Own Devotional Rituals

If you do not attend a religious service, you may wish to create your own devotional rituals, and make an altar in your home.

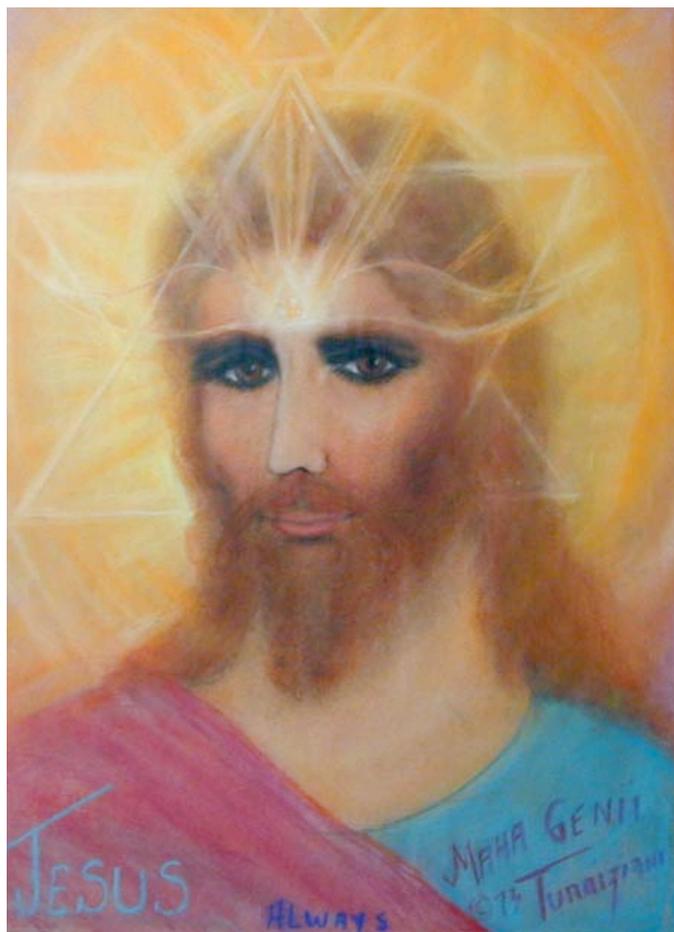
I have two altars in my home: one fills three shelves and the top of a bookcase, which faces me when I do my meditation; the other faces me on my kitchen table as I do my writing and do my in-person consultations.

I compose simple chants and songs that I sing to the Mudrashram® Masters and to God. One I like is “Om Guru Om.”

“Om Guru Om, Guru Om, Guru Om” (repeat until you feel the presence of the Masters of the lineage)

“There are no words to describe your radiant beauty; there are no words to describe your majesty; there are no words to describe your compassion—that is why I lay my heart and head at your feet.”

“Om Guru Om, Guru Om, Guru Om” (repeat as you return to waking awareness)



Jesus Always

Artwork by Maha Genii Turriziani © 1973

Lord Jesus, inspire us to express our love in our daily lives, and through deeds of kindness and charity. Awaken our devotion, so that our may remember the Source of Love and journey back to Him.

Help us to remember the fountainhead of unconditional love within. May we become instruments of Love Divine, as we make our ascension, day-to-day, to the Presence of that One from Whom We Did Come Out, and serve Him with Joy as You Do. And So May It Be.

Thank you for attending our webinar today!

