



FLAMMA

MEDITATIONS on
HIERARCHY & HEART



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P R E F A C E

Inspired by Advice in the Teaching that: "The busiest people can each day devote an hour to the approach to the Teaching. We cannot believe that there is not a moment for the most essential, for that for which we live! Daily we partake of food, but our spirit receives nourishment from thought" and "daily notes are very useful to acquire attentiveness. The advice to observe, is the advice of a friend, as the future demands attention", - motivated by this Advice, a group of dedicated workers of the "Maitreya Sangha" of FLAMMA COMMUNITY conduct a study of collective meditation. For an hour they read daily about twenty paragraphs from the Mahatma's Teaching of Life, making notes in their diaries and they choose a THOUGHT OF THE DAY. A selection from these daily THOUGHTS - one for every day of the year - will appear by Christmas 1968 as an "Introduction to the Teaching".

The results of the Meditations for June from "Hierarchy" and for July from "Heart" appear on the following pages. All participants of this study group are agreed that nothing has ever helped them more to understand, follow and 'live with the Teaching', as these regular studies. With every reading, new ideas become revealed and it is for them as if the Mahatma Himself conducts the studies. They await every next study with tremulous expectation and they know that ultimately this is the way towards true hieroinspiration !

With grateful acknowledgments to
the Publishers of "Agni Yoga Series", from where all the quoted
passages were taken.

to be a good friend of the people.

1875

MEDITATIONS

from

"HIERARCHY" & "HEART"

Accept the Ruler of Shambhala as the manifestation of Life; thrice I say - of Life ! 5

I may call the manifestation of striving, the Cosmic Magnet. 21

Only the fulfillment of the Higher Will is the Hierarchy of Service. 42
Each Construction requires the realization of upward striving. 53

Let us calmly discriminate in all the details of life. 67
But the hour strikes when one must indicate the power of the heart. 85

The fiery Service will afford to humanity so many signs of new evolution. 98
The enemies thus rage because the Highest Law enters into life. 120

The Cosmic Magnet attracts all energies which are shifted to a new center. 134
Be imbued with the Lord ! 149

Thus in each act of loyalty one may open new pocks. 176
Let us not be bound by anything of the past. 197
Thought is the basis of creativeness. 211

The immutability of creativeness enters vitally when the manifested focus is realized. 223

Only the principle of the Highest Hierarchy affords balance and striving to each affirmation. 227

Thus, during the cosmic shiftings a new keynote must definitely resound. 247

VI. H I E R A R C H Y

1 Naught save Hierarchy will transform life in- to its higher consciousness. Pr.

2 To bring about the manifestation of the progress of evolution - and to link humanity with the currents of evolution. 22

3 Each progressive teaching is in need of enemies and of a Teacher. 37

4 Therefore our disciples have to apply their whole strength to fulfill in order not to insulate themselves. 66

5 Fill your heart with the Lord so greatly that no enemy should force his way through. 79

6 Is it possible not to harvest one's own sowing? Let the seed be good or else poison will generate poison. 95

7 For the evolution of spirit the fusion of consciousness & heart is needed. 104

8 Thus one may see the end of Kali Yuga. It depends on humanity where will be the beginning of Satya Yuga. 118

9 Dost thou not serve darkness? Art thou not a traitor? Art thou not a liar?... 129

10 He who is afraid to lose his individuality does not possess it. 167

11 Whilst for Us the daily routine is a perfecting and an ascent. 176

12 The fourth sign of Service will be noncondemnation. 196

13 Thought is a new born entity of the spiritual plane. 211

14 Without fire, darkness and cold await us. 229

15 Certainly the dark forces fear mostly the affirmation of Light. 242

16 Protect the Teaching from the leprosy of habit. 260

1 Hierarchy is the Law of world structures. Pr.

2 Shambhala is the Source which creates a new & better step for humanity. 17

3 Fear not! Fear not! Fear not! 38

4 It is wise to become accustomed that there is no rest and no end. 50

5 Accustom yourself not to hear noise, even with open ears. 68

6 The treasure of thought will be the strongest. Thought is indissoluble and can be stored. 95

7 Thoughts form a defensive net for humanity. 105

8 Only by the force of devotion to the Teacher can one reach subtlety of consciousness. 128

9 Only by tension of all strength shall you conquer. 136

10 The first sign of Culture is the absence of personal discord. 146

11 The science closest to the spirit is higher mathematics. 162

12 Through loyalty one may reach the Gates. 177

13 Bless everything that develops opposition and resistance to evil. 202

14 Thought is a spatial entity. 215

15 Useful are tests; otherwise the Light which is kindled only in battle, will grow dim. 232

16 Forgetfulness, absent-mindedness, duality, curiosity are imperfections which must be eradicated. 250

Our constructiveness can proceed during any circumstances of life. 262
Love is the crown of Light. 281

Therefore, one may say that the tension of the Cosmos is transmitted to all countries. 306

The quest of a spiritual center will lead unavoidably to Hierarchy. 315

The most heinous is to deny the Teacher and to belittle Him. 339

How dimly the understanding of the Teacher of General Good burns in the consciousness of the world ! 353

Unity is a wondrous fire ! 361

The Teaching will not guide one if it be not applied. 386

Hierarchy stands upon exact laws.

Let the great Realm of Light rise upon the ruins of the old world. 417

The spirit cannot be affirmed and display its strength without drawing its power from Hierarchy. 421

Great firmness, great determination must be evidenced when the goal is Communion with Us. 440

The fundamental quality of creativeness is the direct following of the manifested Hierarchy. 450

Spirit-creativeness is the most powerful attraction of forces. 457

June

17 Certainly in irritation lies the chief injury to the fires. 272

18 All organisations of life clash with Cosmos. 288

19 Do not be angry because the heart dislikes this root. 305

20 People have invented many disgusting hierarchies. 326

21 One should reiterate day and night about Hierarchy. 345

22 WE assert Art to be the highest stimulus for the regeneration of the spirit. 359

23 One must speedily liberate oneself from the horror of wrathful words. 376

24 Comfort is the cemetery of the spirit. 391

25 The Teaching will not guide one if it is not applied. 386

26 Even our adversaries are not belittled. 403

27 It is better to substitute higher striving for suffering. 419

28 Help in the small and in the great ! 434

29 Hierarchy is the Teaching of the Heart. 448

30
June

June

17 Is it not wonderful to feel in life the application of the great law of justice ! 261
18 Every evil in the world is generated because of the resistance to the great principle of Hierarchy. 276

19 Karma can be changed by irresistible striving. 290

20 Do not be angry - because the heart dislikes this root. 305

21 Verily salvation lies in Culture, when countries are on the way to destruction. 331

22 Let us be united in one unconquerable striving ! 337

23 Thus We welcome everything that is directed to the Good. 363

24 The power of cognizance of highest energies is the key to Be-ness. 369

25 The Teaching will not guide one, if it be not applied. 386

26 The superiority of the spirit will not come, if we do not strive towards it. 401

27 One must accustom oneself to constant Communion with Hierarchy. 428

28 He will err less who follows the silver thread from his heart to the heart of his Teacher. 445

29 One should not think that Hierarchy is only discipline; it is the progress into the Higher World. 449

30 How then can humanity contact the spiral fire if not through the approach to Hierarchy ! 450

July

The heart, the sun of the organism, is the focus of psychic energy. 2
 The affirmation of the heart is already the revelation of the future. 23
 Only with the heart can one evaluate the treasures of Maitreya ! 74
 To love the endlessness of labour is already an initiation of considerable order. 79
 Beware of senseless condemnation. 89
 How can one safeguard people if they themselves do not wish to hold to the saving thread ? 103
 Without visualization there cannot be any striving to knowledge & creation. 128
 In everything let us remember the cooperation with Cosmos. 145
 The abode of the spirit is beautiful, if it has chosen the beautiful path. 163
 I affirm that the Great Battle is the reno- vation of the Earth. 184
 It is practical to train oneself in the re- alization of the closeness of the Lords. 205
 We constantly insist upon the conquest of every aspect of fear. 222
 I affirm that the fire of the heart puri- fies the densest darkness. 255
 Preserve courage; it alone will give an impetus to action. 270
 Nothing can transmit the understanding of the Invisible World save the very sensa- tion of it. 298
 Think of the heart as of a central princ- iple, which connects you with distant worlds. 313
 It is not easy to accept the language of the heart as a reality. 334

1 Each tiny deviating path dulls the arrow of immutability. 2
 2 We deplore an unwillingness to place oneself on the edge of the precipice. 30
 3 The serpent of darkness devours the friend, if he does not enter into conscious communion. 46
 4 One must not fear anguish as an evil sign. 51
 5 Beware of senseless condemnation. 89
 6 Verily the entire perfection of the heart rests on moral foundations. 111
 7 Sooner or later one will have to turn to the force of purified thoughts. 127
 8 If we think in an earthly way we must walk depressed.
 9 Do not neglect anything. In neglect lies the cause of most unhappiness. 177
 10 People cannot create unwavering unconquer- able desire. 198
 11 I affirm the salvation of all those who fol- low. 214
 12 But the Invisible Guardian whispers: "Call upon Me". 232
 13 The very concept of rest was invented by those who desire to hide from existence. 260
 14 One need only admit a speck of dust for the clearest trumpet to become raucous. 262
 15 When mankind will agree to send forth good thoughts simultaneously then the infected atmosphere will at once clear. 300
 16 Therefore We so forcefully expel fear, which disturbs the perception of a happy distribution of many parts. 300
 17 Refinement of the heart predicates the eschewal of a meat diet. 331

July

1 The quality of the magnet is inherent in the heart, the sun of the organism. 2
 2 People who follow the Teaching depart from wealth or remain only its guardians. 25
 3 Sometimes let your heart converse with the Higher World. 41
 4 The Sun is the Heart of the System; the heart of man - the sun of the organism. 62
 5 It is easier to forestall evil, than to rec- tify it. 81
 6 For each important achievement the feminine principle is essential. 106
 7 Every thought gives birth to action - there- fore think broadly. 127
 8 Our Teaching has in mind all, all, all ! 155
 9 Let us not forget the wise saying: 'This also will pass'. 164
 10 Understand the special meaning of My Indica- tion to be together in silence. 185
 11 The trial by patience is one of the highest tests. 212
 12 If a teacher does not show patience to the first steps of a disciple, he is not a Teacher. 239
 13 One must rid oneself of the worm, in order to evade the dragon. 257
 14 The brain is the past; the heart the future. One may think with the brain or with the heart. 265
 15 Pure thinking is the best disinfection. 283
 16 A miracle is a manifestation of the most subtle energies, not accounted for in schools of chemistry and physics. 319
 17 Man himself is the most powerful chemical laboratory. 330

One should not demand the customary thinking from people when the air itself is unusual. 346

When you desire the heart to transmute a certain influence, you should primarily transmit this task consciously to the heart. 376

Nowhere may the thought be otherwise transmuted except upon the altar of the heart!

We are here only for the perfecting of our spirits. 4000

The development of observation will lead to fearlessness. 426

Let us hasten to invoke the heart for service to the New World. 446

One should recognise Light as a living substance. 469

Evil creates a substance equal to good in density. 499

You rightly grieve for nature which is sickened with human madness.

No other center can replace the essence of the heart. 545

The correct measure of giving is the criterion of love & responsibility. 573

Do not tire of Reading the Teaching of Life in all its ages. 579

Let us also affirm ourselves in the thought that we shall establish friendly relationships with all people. 595

The exercise of consciousness is the Yoga of the Heart. 598

July

18 The human heart is the throne of consciousness. 354

19 Who is not aware of the warning of the heart before each unworthy act? 367

20 Without the heart we are withered husks, 389

21 The planet cannot be upheld by only a hundred hearts. 419

22 One must be prepared for all kinds of attacks. 423

23 Thus Agni Yoga becomes the bridge to the future. 446

24 Many misfortunes come from over-trust, which is intolerable, where treasures are guarded. 468

25 The conflict between heart & reason is the saddest page in history of humanity. 486

26 We are not temporary but infinite beings. 515

27 The finest character can be shaken by the pricks of small thoughts. 523

28 Fear and irritation are called the gates of darkness. 558

29 Thus the eternal universal heart is turned into private property. 580

30 The human spirit advances slowly. 281

31 The Heart is Infinity. 591

July

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July

18 Thus hold firmly; beyond the heart's thread there is nothing. 346

19 Unity is the first sign that the Teaching is not an empty path. 368

20 Whoever knows the striving to the summits is on the heart's path. 390

21 There is no stronger fire than the fire of the heart. 404

22 Each day brings some knowledge & deepening of the heart - accumulation of energy. 441

23 People will not reach refinement & concentration of thought soon. They substitute entertainments for concentration. 439

24 The wings of the Subtle World touch people oftener than it is customary to think. 480

25 Consuming poison, or crucifixion, is the indispensable condition of moving onward. 487

26 It is necessary to teach children this winged mobility. 503

27 Among the fires of the heart the most vivid is the flame of self-sacrifice. 536

28 The foundation of cooperation is primarily in mutual responsibility. 559

29 Much more of the wondrous occurs than we are accustomed to think. 581

30 With sufficient accumulations one may attain the state of highest consciousness instantaneously. 581

31 Let us affirm ourselves in the thought that we shall establish friendly relationships with all people.

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