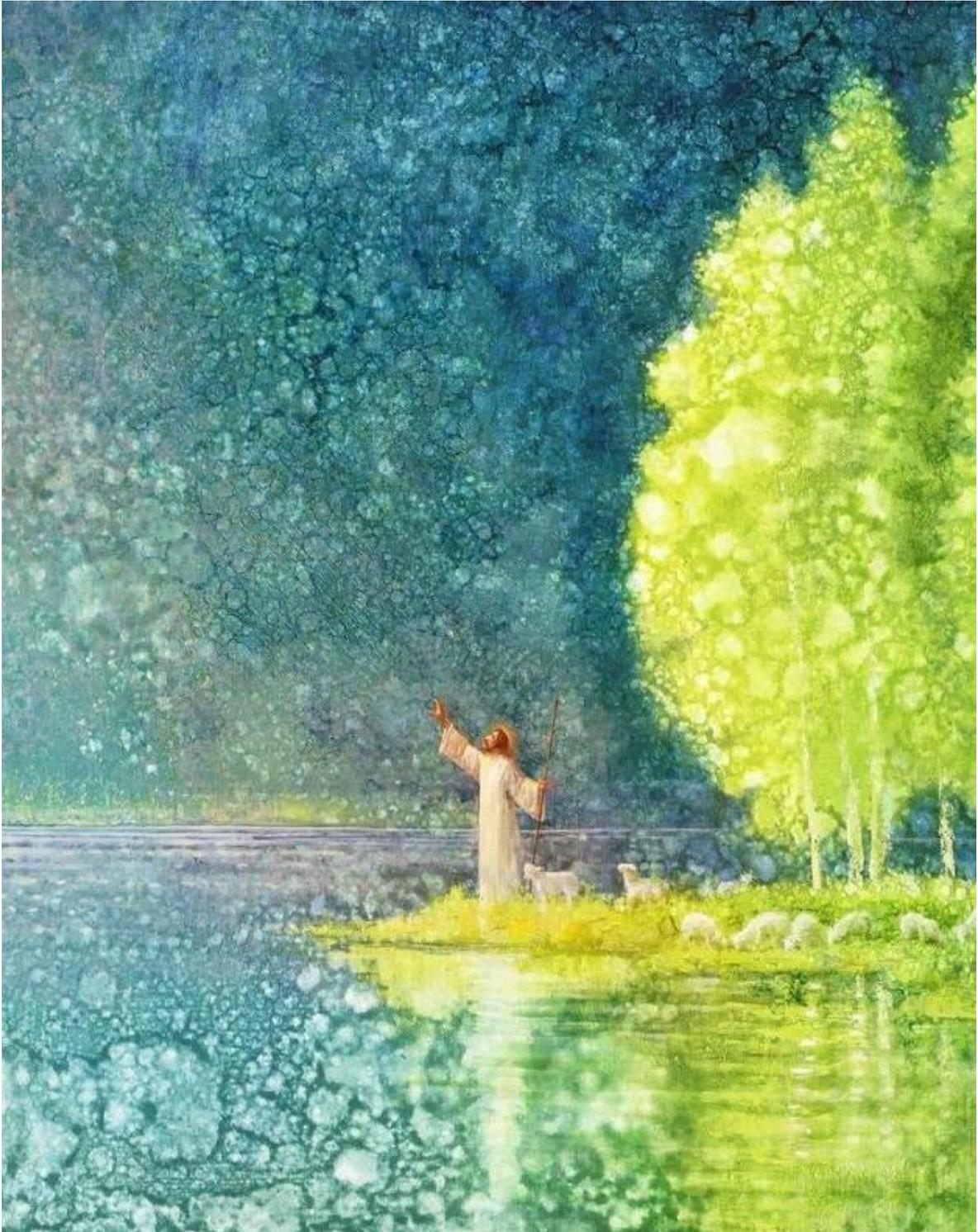


Meditation
An Invocation



DOWN TO EARTH SERIES
AN INVOCATION TO MEDITATION

Composed by an unknown source, it is “unexampled in its crystal purity of thought and depth of devotion.” In: Clara M. Codd. *Meditation: its practice and results*. Adyar, The Theosophical Publishing House, 1978. (1st ed. 1952)

 **GRACIOUS LORD**, I enter Thy Radiance, and approach Thy Presence, bearing with me the service done in Thy Name, and for Thee. I seek to become a more efficient server, and I open my heart and my mind to the power of Thy Love, and Thy Joy, and Thy Peace.

In Thy Presence, Thy Love floods my being — Thy Love which is gentleness, kindness, helpfulness. I must therefore be loving, kind, and helpful to all men.

In Thy Presence, Thy Joy pervades me — Joy which is light, radiance, eternal youth. I must therefore bear Thy Joy to those who are sad and depressed.

In Thy Presence Thy Peace unfolds me, and fills me with contentment, certainty, rest, stillness. Thy Peace, which passeth all understanding. I must therefore be a centre of love, joy, and peace in the world.

I place my hand in Thine with all love, and trust, and confidence, for Thou art indeed my Lord. From the unreal lead me to the Real. From darkness lead me to the light; from death to life eternal.

At Thy Feet, and in the Light of Thy Holy Presence, I strive to realise what I am.

I am not this body, which belongs to the world of shadows.

I am not the desires, which affect it.

I am not the thoughts, which fill my mind.

I am not the mind itself.

I am the Divine Flame within my heart, eternal, immortal, ancient, without beginning, without end. More radiant than the sun in all his noonday glory, purer than the snow, untouched, unsullied by the hand of matter, more subtle than the ether is the Spirit within my heart.

I and my Father are One. I worship Thee, I adore Thee, Thou art my life, my breath, my being, my all. I am in Thee and Thou art in me. Lead me, O Gracious Lord, to union with Thee, and the Heart of Eternal Love.

In Thy Love I rest for evermore.

