



THE FOUR INITIATIONS

BY SRI SWAMI OMKAR

FIRST INITIATION:

Prayer:

May Peace abide in the North and South, in East and West.
May all be Happy, Healthy and Peaceful
OM! OM! OM!

MEDITATION IN THE HEART

POSTURE:

The body should be steady and relaxed throughout the meditation.
Meditation must never be less than 15 minutes. As the student finds
Peace within he can increase duration gradually until 30 minutes.

- Observe a candle flame as a symbol of AUM.
- Notice the three flames: Blue, Red and Smoky.
- Meditate on AUM and its meanings:

A

Father
Omnipresence
Past
Waking State
Passivity
Life

U

Son
Omnipotence
Present
Dreaming State
Activity
Light

M:

Holy Ghost
Omniscience
Future
Sleeping State
Harmony
Love

Repeat the Mantram (Sacred Statement) aloud, then with lips and finally with the mind alone.

O LORD THOU ART WITHIN ME. OM! OM! OM!

- When you repeat OM the first time, feel the body being filled with God.
- When you repeat OM the second time feel the whole universe being filled with God
- When you repeat OM the third time, in the cave of the heart imagine the whole universe as a bubble, which is dissolved into the ocean of God by the last OM, leaving only God.

ILLUSTRATION:

As the flame of the candle flickereth not when sheltered from the wind, so let your mind also be steady and one pointed until it dissolves in God.

PEACE BE UNTO YOU. OM! OM! OM!

**MEDITATION ON THE SPIRITUAL EYE.****MEDITATION:**

Let me concentrate of the Radiance of That Indweller of my heart, Who is the Light of lights, Who has created the universe. May He Illumine me with Love--Wisdom.

OM! SHANTI! OM!

POSTURE:

The body should be entirely relaxed and very still and controlled, during the meditation

TIME:

The meditation should be practiced from half an hour to forty-five minutes. It must not be less than thirty minutes.

PLACE:

The perception of the Presence should be localized and focused to a luminous point, like a star vibrating between the eyebrows, on the center known as the Eye of Wisdom.

SYMBOL:

Hold that star-like point between the eyebrows and holding that image, repeat the following Mantram with concentration. If the mind wanders, bring it back again visualizing the star, the symbol of Life, Light and Love.

MANTRAM:

O GOD, I AM ONE WITH THEE! OM! OM! OM!
IN THE PAST, I AM ONE WITH THEE! OM!
IN THE PRESENT, I AM ONE WITH THEE! OM!
IN THE FUTURE, I AM ONE WITH THEE! OM!
I AM ETERNALLY ONE WITH THEE! OM! OM! OM!

REPETITION:

The repetition should be:

1. Aloud with voice 2. With lips. 3. With the mind only.

- When you say **IN THE PAST, I AM ONE WITH THEE**, try to realize your oneness with the whole past of the universe.
- When you say **IN THE PRESENT, I AM ONE WITH THEE**, try to realize that you are feeling oneness with the whole present.
- When you say, **IN THE FUTURE I AM ONE WITH THEE**, feel that you are inseparably one with Him during the whole future.

When you repeat the Holy Syllable, the Creative Word three times, feel that you are above past, present and future and eternally one with God. The great Universal Heart of God alone exists, and you are eternally merged in it and one with Him.

ILLUSTRATION:

In this solemn Initiation, remember the sacred process of saturation. Be filled with one idea and aim. As an example, when a sponge is soaked to saturation with water, it will not absorb any more; thus your mind also should be so utterly filled with God that it has no other thoughts. As another example: if a glass of water has become saturated with sugar, it will not absorb any more. So let the mind be completely saturated with God, that there is fullness within and fullness without.

**MAY PEACE BE UNTO THEE!
OM! OM! OM!**

PRACTICE ALWAYS TO LIVE IN GOD AND HELP OTHERS TO LIVE IN HIM

**THIRD INITIATION****MEDITATION ON SAHASRARA,
THE THOUSAND-PETALLED LOTUS CENTER****AWARENESS:**

May I merge my being, heart and mind forever in that immense, luminous Splendor and be AWARE of the glory of the Sun of suns.

OM! OM! OM!

The First Initiation is concerned with **KARMA YOGA**, or the path of action. The Second Initiation deals with **DHYANA YOGA**, or the devotional aspect. The Third begins with **RAJA YOGA**, the practical part of Yoga and takes one into the highest state of **JNANA YOGA**, the Super-conscious state of SAMADHI. Here begins true religion which is the realization of the Divinity within. The first two Initiations are only stepping stones to the third.

POSTURE:

Maintain the same posture as given out in the first and second initiations, but with marked improvement in steadiness and concentration.

TIME:

When meditating after this Initiation the Initiate should rise above the body consciousness completely and should not meditate for less than 45 minutes.

CENTER:

The region for feeling the UNIVERSAL SELF in meditation is in the SAHASRARA CENTER, or thousand-petalled lotus at the top of the head. This is the sacred center for the realization of God in meditation.

SYMBOL:

As a symbol, form an image of the great radiant sun at the top of your head, in the Brahmarandra, or door of God- consciousness where the Divinity is manifesting, consciously in man. According to Astronomy, the sun is the center of this Universe and is infinitely greater than our little earth. So take the sun as a symbol of Divinity, which in comparison with our little personalities dwarfs them to the size and importance of a drop of water in an ocean, or to a grain of sand in a desert.

MEDITATION:

You are to imagine this glorious Sun, the heart of the Universe, as pulsating rhythmically, preserving and maintaining the Universe by radiating with every beat Life and Love, in everything and every being in the system. You should further imagine the Mantram as flowing continuously in a line of fire until it merges in the fiery splendor of the Sun. With this universal consciousness you are to repeat the Mantram; not aloud or with your lips, but only mentally. Strive always to deepen your realization that you are the truth, the Sun of suns.

MANTRAM:

I AM THE SUN OF SUNS. OM, OM, OM!

The Mantram is to be said mentally and rhythmically at a fixed rate, synchronized with the breath and one feels a slight recurring pressure at the top of the head. This

pressure and rhythm must be EXPERIENCED, as they are not subjective, but are the real sensations produced by the life-current from the Sun of suns.

When you come to Sun (4th word) in the Mantram, you are to feel that you are that Sun. With this consciousness, when you come to suns (6th word) you are to feel that you are merging in the Glory of millions of suns. Verily you are the Sun of suns, that stupendous Light of which the visible sun is but a faint reflection.

When you repeat mentally the first OM, feel that you are above body, mind and world. When you repeat the second OM, feel that you are in the Eternal Now, above past, present and future. When you repeat the third OM, feel that you are above time, space and causation.

AT-ONE-MENT:

As you repeat the Mantram if you feel a certain state of Divine ecstasy, then you can give up the Mantram and repeat only OM, feeling that you are the Sun of suns. According to the intensity of the feelings and realization, you will rise even above the repetition and vibrations, and dissolve in the glory of the Super-consciousness.

ILLUSTRATION:

In the outer life in the world there is the rhythm of nature in all things, and the balancing of opposites, but all is changeless, ever blazing Light and Life. So, hold to the life of the Sun of suns, where there is neither body, mind nor the world. In the Sun of suns nothing can exist, except Its own Divine glory of millions of suns splendor. And verily Thou art That!

PEACE!

PEACE!!

PEACE!!!

OM TAT SAT OM

BE A FLAME OF GOD FOR THOU ART THE SUN OF SUNS



FOURTH INITIATION

MEDITATION ON THE UNMANIFESTED THROUGH THE MANIFESTED WORD

RECOGNITION:

May I feel Infinite Peace within and without, Endless Glory above and below and Wondrous Illumination all around.

GLORY!

GLORY!!

GLORY!!!

OM! OM! OM!

This is the fulfillment and goal of all religions and initiations. The Initiate should never practice less than one hour, at least, in two sittings throughout the day. **"IN THE BEGINNING THERE WAS THE WORD, AND THE WORD WAS WITH GOD AND THE WORD WAS GOD"**. The **WORD** is never outside or separate from us. The Word is inseparably one with us. The Word, Logos or Om is the creative vibration which goes forth from the Unmanifested, causing the manifested.

If we know the Word we will know God, for through the word alone we must realize God. Then where is the Word? The Word is vibrating in the SAHASRARA, the thousand-petalled lotus or brain center.

In the third Initiation the Initiate is feeling the sensation of the Word pulsating in the brain center. Now, one should not only feel it but become one with the Word, consciously. When one with the Word and merging in God, the result will be the state known as Cosmic Consciousness.

The Symbol or object for meditation now is only the unmanifested state of God, namely the Millions of Sun's Splendor. The result or fruit of the Third Initiation is the prelude of the Fourth Initiation.

So the Initiate should no longer meditate on any finite symbol or object, but on the full glory of God alone. What the Initiate has realized in the Third Initiation must be the symbol to be meditated on here. Therefore one should meditate on the Sun of suns, on the Light of lights, and on the Divinity of divinities, as being Himself.

When the Initiate is realizing that he is the Sun of suns in the Third Initiation, what necessity is there of this repetition? So no repetition is needed mentally.

The initiate feels in stillness that he is the boundless Ocean of Light of lights. He is Omnipresent, Omniscient and Omnipotent.

At rest in that Holy State of Inexpressible Peace and Oneness, in the merging state, one will be conscious of recurring pulsating pressure in the brain center. One can feel and reach it through the help of the breath or Prana.

When one merges within, he feels the incoming and outgoing breath, in a silent manner. If he becomes one by merging in the big breath, he feels the vibrations of SOHAM or I AM. SOHAM IS I AM. In other words, in every second either in the sleeping, dreaming or waking state, we have been continuously vibrating, feeling our God-head and proclaiming that we are Truth. SOHAM I AM.

THE SACRED AND UNUTTERABLE MANTRAM IN THIS GLORIOUS INITIATION IS ONLY SOHAM, THE INCOMPREHENSIBLE AUM.

The incoming breath is the 'SO' and the outgoing breath is 'HAM'. These feelings are no longer physical or mental but are spiritual.

SOHAM OR I AM alone is the Word. So even this highest vibration should be made to dissolve in the Glory of Universal consciousness. Here the written or theoretical instructions will not be helpful for the Initiate. He must receive personal and direct instruction of the dissolution or merging of the Word into Divinity, from one who has realized truth in all Glory in his own life or from the Source directly, in Mystical Union.

In the outer activities of life and amidst all the trying states, the Initiate should never allow a single breath to pass without breathing his Divinity. He should feel that the forgetfulness of Divinity alone is real death.

According to the analysis of Yogis, the men of Realization, we breath 21,6000 times in a day. So in each and every breath the ideal must be to breath the SOHAM consciousness.

ILLUSTRATION:

In the outer life, in all activities, the Initiate should feel that he is taking the whole world within himself with each breath and leaving out the world with each and every outgoing breath. He should also inhale Divinity and exhale duality. He, in this state of consciousness feels that each breath is a new life and each heart beat is a new creation. One is floating in the waveless Ocean of Life, Light and Love. All is boundless Peace, endless bliss and fathomless glory! The mind should now be blank, vacant, free from thoughts and waveless. Letting Omnipotence express itself, the mortal retires.

When thou art All in All, when thou art Infinity, when nothing else exists besides thee, there is no necessity for any more thinking or imagination. There is neither Meditation nor the object to Meditate on, nor the Meditator. Thou art the Truth, the one Universal Lord of the Whole Creation.

Verily, thou art above creation and dissolution. Thou art the interpenetrating truth of the whole cosmos. Thou art the basis and support of all the manifested and Unmanifested. May thou shine forever in the Glory of Millions of sun's Splendor!

PEACE! PEACE!! PEACE!!!

OM TAT SAT OM!

