



THE SILENT COUNCIL

Ideally, this meditation is done during the time the Council of Solace meets in the Grand Temple from 12:05 pm to 12:20 pm, Pacific Time; however, you can participate at any other time if necessary.

If at all possible, wash your hands and drink a glass of water as a sign of physical and mental purification. Then retire to a peaceful spot and elevate yourself to the level of the Celestial Sanctum by following this method:

Sit in a quiet place, with your back as straight as possible and your feet flat on the ground and slightly apart. Place your hands on your knees, close your eyes, and spend a few moments taking deep breaths. Once you feel perfectly relaxed, breathe normally and recite the following invocation either mentally or in a low voice:

“May the Sublime Essence of the Cosmic infuse my being and cleanse me of all impurities of mind and body, that I may enter the Celestial Sanctum and attune in all purity and perfect dignity. So Mote It Be!”

After reciting this invocation, begin to imagine that you are ascending to your Celestial Sanctum. Now turn your gaze toward the infinite cosmic, continuing your spiritual ascent until you perceive the Celestial Sanctum as you have decided to visualize it. Once you are in your Celestial Sanctum, let yourself be pervaded by the sacred, inspiring, and comforting feelings that reign there.

When you feel that you have attained the level of consciousness symbolized by the Celestial Sanctum, visualize the Earth for a few moments, and then direct your most positive thoughts toward all of humanity. The best way of doing this is to concentrate on words that evoke constructive ideas, such as “health,” “comfort,” “well-being,” “harmony,” “love,” etc.

Then, if you want to come to the assistance of one or more people in particular, visualize them as though they were standing before you, and visualize them bathed in a light generating health, comfort, well-being, harmony, etc. If they are ill, see them healed; if they are in pain, see them full of joy; if they are distraught, see them calm and peaceful; and so on.

After engaging in this visualization, mentally state the following invocation with confidence and conviction:

“Fratres and Sorores, brothers and sisters, who have solicited spiritual aid, your plea is acknowledged. Cosmic Law is fulfilling its work for each of you.”

While Cosmic Law is being accomplished, intone the vowel sound OM three times, mentally or in a soft voice, on the note that seems most natural to you.

Then place yourself in a receptive state, so that you may benefit from the positive energies set into motion by the combined actions of the Council of Solace and the Silent Council.

At the end of this period of receptivity, return gradually to the objective plane. See yourself leaving your Celestial Sanctum and imagine yourself journeying on the path you followed for the Ascent. As you return to objective consciousness, open your eyes and say the following invocation:

“May the God of my Heart sanctify my contact with the Celestial Sanctum! So Mote It Be!”

Once this is done, resume your regular activities.