

# Transmission Meditation

— a potent form of service —

*Edited talk by Benjamin Creme*

The fundamental purpose of meditation of any kind is to bring a person into contact with, and eventually in total union with, his or her soul.

Each one of us is a soul, an individualized aspect of one great oversoul, which incarnates over and over again, sometimes as a man and sometimes as a woman. In this way the evolution of consciousness takes place. The first stage of this contact is made through meditation; any meditation of whatever kind is a method, more or less scientific, depending upon the meditation, of bringing about soul contact.

Once that initial contact is made, it may take several lives to achieve a real connection with the soul. At first, the soul, who for long ages paid little attention to its reflection (the man or woman on the physical plane), sees that, at last, the personality of the individual is beginning to respond to the impress, the energy, of the soul. When this takes place, the soul speeds up the process, stimulates its physical reflection and brings it to meditation of some kind. In this, first, instance it might be very slight, but eventually will come a life in which very serious attention is given to meditation.

In this way the soul gradually grips its vehicle — the man or woman — and by dint of stimulus of its own spiritual energies, turns the individual towards itself and its purpose. Every soul comes into incarnation with a set of purposes, usually about three, occasionally four. The first, the fundamental purpose behind every incarnation is to create right human relationships.

The soul, on its own plane, is perfect. It does not need any kind of expansion of its consciousness or awareness. But in its reflective state on the physical plane, in the personality of the man or woman, it is going through a process of gradual perfectionment in matter.

The soul 'lowers' itself into matter for a series of incarnations.

Every incarnation allows the individual to magnetically draw to itself more and more matter of a sub-atomic nature, which is light. Gradually that body becomes a body of light. That is the body of the achieved Master, who is then free from the pull of matter forever. This is the magical action of the soul in this long journey of evolution.

One other process contributes to this spiritual achievement, and that is the activity we call service. It is not possible to come into contact with your soul without desiring to serve, because it is the nature of the soul to serve. That is all it knows. It comes into incarnation to serve the plan of evolution of the Logos of our planet; it knows that plan and seeks through its successive incarnations in the physical body of a man or woman to carry out that soul purpose and so spiritualize matter. That is really what the soul is doing as it comes into incarnation over and over again. We are spiritualizing the matter of our planet, in the first place the matter of our physical bodies.

So meditation and service are the royal roads, the way par excellence, to achieve a growing awareness of your soul and of your purpose — a gradual unification between yourself and the soul.

## A potent way to serve

Many people today are standing on the verge of discipleship. Whether they know it or not, they have already made a considerable contact with their own soul. As soon as you make contact with your soul, inevitably you will desire to serve in some way. You become somewhat more altruistic, more impersonal, and you see a life as something that you want responsibly to fulfill in service to the world in some way or other.

The problem today is that people have to work so hard just to make a living that they have no time and no energy to engage in either meditation or service to any great extent. It is precisely for these people that Transmission Meditation has been created.

It was introduced by my Master in 1974. The first Transmission Meditation group was formed in London in March of that year. There

are now hundreds of such groups all over the world, many in countries to which I have gone, others where I have never been. These Transmission Meditation groups form themselves and do an enormous beneficial service to the world.

### **Transforming the energies**

The Masters of Wisdom are the custodians of all the spiritual energies entering the planet. These energies come from cosmic, solar, and extra-planetary sources, and are, therefore, very high in vibration. If the Masters simply sent them into the world as They receive them, they would for the most part be too high; they would simply bounce off the mass of humanity and would be of little use. So Transmission Meditation groups have been formed to act scientifically as a kind of bridge between the Hierarchy of Masters, who seek to carry out the plan of evolution through humanity, and the disciples in the outer field. In this way the energies are stepped down.

A Transmission Meditation group is really a transformer. In electricity you have high voltage — a thousand volts or even 110 volts. If you put your fingers into it, you can be electrocuted. But if you put that same voltage through a series of transformers and bring it down to a very harmless 1.5 volts, it will light a little flashlight.

Something similar occurs in the spiritual field. The high cosmic and solar energies would simply bounce off people or burn them up. And yet, if sent through the energy centers (chakras) of a group in a scientific manner, they are automatically transformed. The energies are sent through the chakras — usually the heart, throat, and head centers (one between the eyebrows and one at the top of the head). In this way the energies go through one side and come out the other side, so to speak, and are automatically stepped down. The people in the group have nothing to do with this transforming; they are simply sitting there. The energies are then sent out, not by the group, but by the Masters to wherever they are needed in the world, which might be to

avert a war or to create certain conditions. It might be simply to top up the reservoir of spiritual energy in the world from which all can drink.

That is the service aspect of Transmission Meditation. It is a gift. You simply sit there and let the Masters send Their energy through you.

### **Effects on the individual**

At the same time, it is not possible to have these great spiritual forces transmitted scientifically through your chakras without being transformed by them.

It is a kind of spiritual ‘hothouse’, a forcing process, by which means in one year of correct, sustained Transmission Meditation you can make the same kind of spiritual advance as in 10, 15, perhaps even 20 years, of ordinary meditation. But not everybody wants to be a hot-house grape, however advanced they have become. People are lazy, frightened, and have all sorts of reasons for not doing Transmission Meditation. The first requirement is the desire to serve, and that will only come to you if you are already in some kind of contact with your own soul.

You would not even be interested in Transmission Meditation if your soul were not prompting you to the need for meditation of some kind. Whether you make use of the energy of the soul and this opportunity to serve is entirely up to you. It will follow from the strength of your commitment to the needs of the world and your response to soul impression and purpose.

### **The technique**

When you join a Transmission Meditation group, you will find that they begin the evening by saying, aloud, and with the attention focused on the ajna center (between the eyebrows), the great mantram or prayer called the Great Invocation, which was used by Maitreya, the World Teacher, for the first time in June, 1945. He was allowed to use it as the result of His decision to return to the everyday world, which

is now taking place. Not a day goes by that He does not intone that mantram and send His energies into the world.

Beyond this, it requires only that you hold your attention at the ajna center for the length of the transmission of the energies. That is the only difficulty because, in practice, you will find that your attention will drop, sometimes after only a few seconds, to its usual abode somewhere around the solar plexus.

The vast majority of people in the world are what is called ‘polarized’ on the astral plane. Their natural field of access to their consciousness is through the solar plexus. Advancing humanity, becoming more mentally polarized, should be focusing its attention through the ajna center. So long as you can hold your attention at that chakra you are taking part in the transmission.

When your attention drops, you can bring it back to the ajna center by inwardly, silently, thinking the mantram ‘Om’. As soon as you think Om, you will find your attention automatically back at the point between the eyebrows, and you are once again in the transmission. You simply repeat that process over and over again as necessary. You do not meditate on the Om; you do not sit and say, “Om, Om, Om.” But when you realize that your attention has dropped, you simply think Om; you do not say it aloud. It has more effect that way. That is all you have to do. The rest of the work is done for you by the Masters.

In esoteric terms Transmission Meditation is the combination of two yogas: karma yoga, the yoga of service, and laya yoga, the yoga of the chakras — the energies. Either is a powerful mode of advancement. Together they are incredibly powerful. In the hands of the Masters this is an entirely safe activity. They know precisely how much energy any individual can safely handle. One of the reasons for doing it in a group is that in group formation more energy can be safely transmitted than through the same number of people meditating on their own.

As soon as you make contact with the soul and begin to meditate, you involve yourself with powerful spiritual energies which, if not used in service, will simply turn back on you and cause a stasis — physical, emotional, or mental. Fortunately, Transmission Meditation

is at the same time both meditation and service, allowing the energies to ‘flow through’ rather than accumulate in the body.

[Note: Transmission Meditation is so simple that a child could do it, but no child under 12 should be allowed to participate, as their chakras are not yet properly formed, and it could do them harm. It is also advised that people with heart problems or psychological disturbances should not engage in Transmission Meditation, as it may be overstimulating in a negative way.]

## **The power in numbers**

The basic number in a transmission group is three. Every added person enhances the power of the group. For example, if you have three people you have one triangle. If you have just one more person, you now have four triangles. If you add just one more person you have ten triangles. Five more, ten in all, and you have 120 triangles, and so on in arithmetical progression. So the numbers count. Everybody linked to everybody else in the room forming triangulations through the whole group makes the transmission very powerful.

This gives everybody taking part as a member of a Transmission Meditation group a great responsibility because it means that once you join a group you need to be present on the scheduled days at the time when they are transmitting so that the Masters know that a group will be meeting at a certain time on a given day. The group chooses the day and the time, but once chosen, keeps to it.

## **Service for life**

Once you engage in Transmission Meditation you have a mode of service for life if you so choose. It will last you to the end of this life and the next, and on and on into infinity. Throughout cosmos there are always Beings Who are transmitting Their energy down through those of lesser advancement, who are, in turn, transmitting that ener-

gy down through those of even lesser advancement. This is how cosmos proceeds.

There are Masters on all the planets, and They are transmitting energy to Their disciples, who are transmitting it down through the human kingdom to the animal, to the vegetable and to the mineral kingdoms. We are all working together throughout cosmos, even though we are only aware of our own little group, and perhaps aware of the Spiritual Hierarchy as a theory rather than as direct knowledge. So you see how important this work can be if you take it seriously. If you do not take it seriously there is no point in doing it at all.

The energies released by the Masters in this way embody great Ideas. These become our Ideals. As we manifest and fulfil these Ideals, our planet and the lives of all are transformed.



For more information on this topic:  
*Transmission: A Meditation for the New Age*  
by Benjamin Creme  
[Share-International.org/books](http://Share-International.org/books)  
and [Share-International.org/transmission](http://Share-International.org/transmission)

For a referral to groups or other interested people in your area:

Share International USA  
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818-785-6300  
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## THE GREAT INVOCATION

From the point of Light within the Mind of God  
Let light stream forth into the minds of men.  
Let Light descend on Earth.

From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.

From the centre where the Will of God is known  
Let purpose guide the little wills of men —  
The Purpose which the Masters know and serve.

From the centre which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.

Let Light and Love and Power  
Restore the Plan on Earth.

