



The Meditation and Recitation of the Great Compassionate One *The Christ Practice*

This meditation style is meant to be read aloud as you follow the visualization instructions. A rosary or string of beads may be used for the recitation of the Jesus Prayer. This brings the Initiate fully into focus on the Rite- body, speech, and mind.

Lineage Prayer

Great James, brother of Our Lord, Thomas, His twin, John the Beloved,
Mary the Magdalene, Valentinus, Lord of Gnosis- John the Baptist,
Keeper of the Grail, Joseph of Arimathea;
lineage holders of the spiritual and magical transmissions;

You who have mastered the profound path,
unrivaled protectors of sentient beings;
I call to you great Saints and Adepts;
Grant your blessing that I may follow your tradition and example.

As is taught, detachment is the foot of meditation;
Attachment to food and wealth disappears.
To the meditator who gives up the ties to this life,
Grant your blessing that attachment to ownership and honor cease.

As is taught, devotion is the head of meditation;
The Saints open the door to the profound teachings.
To the meditator who always turns to them,
Grant your blessing that uncontrived devotion be born within.

As is taught, unwavering attention is the body of meditation;
Whatever arises is the fresh nature of thought.
To the meditator who rests there in naturalness,
Grant your blessing that meditation be free from intellectualization.

As is taught, the essence of thought is the highest of Worlds;
Thoughts are nothing whatsoever and yet they arise.
To the meditator who reflects upon the unobstructed play of the mind,
Grant your blessing that the inseparability of the Subjective and Objective be realized.

Through all my incarnations, may I not be separated
From those Adepts and Saints, and so enjoy the glory of the truth.
May I accomplish the qualities of the path and stages
And quickly attain the state Gnosis.

Preliminary Refuge

From this moment until the heart of True Gnosis is reached,
I and all sentient beings as limitless as the sky,
Go for refuge to all the splendid accomplished supreme company of Saints and Adepts.
We go for refuge to all the Archangels, and angels gathered in the Heavenly Host.

We go for refuge to the great Lord of Compassion, the Divine Mercy, Christ Our Lord.
We go for refuge to all the supreme teachings of Truth.
We go for refuge to the noble Companions who follow the path of righteousness.
We go for refuge to all the protectors and defenders of the Sacred Flame who each
have the eye of transcending awareness.

First Refuge and Raising Mind of True Compassion (three times)

In the Christ, Sacred Flame and Companions
I take refuge until I reach True Gnosis.
By the merit of this practice, generosity and so forth,
May I achieve True Gnosis for the benefit of all sentient beings.

Visualization of the Lord of Compassion

On the crown of the head of myself and all beings, is a glowing Signum.
Christ arises from this. He radiates bright, clear light of five colors.
He gazes with compassionate eyes and lovely smile.
His hands are in the Ka position, open and inviting.

He is arrayed in robes of white.
His head ornament is a corona flammae of boundless light.
A stainless moon is his backrest.
He is the essence of all those in whom we take refuge.

Make the following prayer, thinking that all beings are making it with you as if in a single voice:

Lord, not veiled by any fault, blazing in magnificence,
Whose head is crowned in light,
Gazing compassionately at all beings,
To you, Christ, all-seeing one, I prostrate.

Taking Refuge (three times)

I take refuge in the Saints and Adepti.
I take refuge in Christ.
I take refuge in the Sacred Flame.
I take refuge in the Companions.

Prostration

I prostrate before all the Saints and Adepti
who have come in the past, present and future;
to the Sacred Flame; and the highest Assembly, the Companions,
bowing down with bodies as numerous as all the atoms of the world.

Declaration

From beginningless Time, in this and other lives,
I have unwittingly committed many non-virtues or caused others to do the same.
Bewildered by the confusion of my ignorance, I have rejoiced in my own and other's
non-virtue.

Seeing these mistakes, I declare all this to you protectors from the depths of my heart.

Rejoicing

With happiness, I rejoice
in the ocean of virtues of developing the mind of True Gnosis
wishing to bring joy to all sentient beings
and working for everyone's benefit.

Requesting the Teaching

With hands pressed together,
I request the Saints and Adepti of all directions
to light the lamp of the Sacred Flame
for those who are groping in the darkness of suffering.

Beseeching the Saints and Adepti to Remain

These beings, blinded by ignorance, have no one to guide them.
O Saints and Adepti, who might wish to pass beyond sorrow,
I beseech you with hands pressed together:
Please remain for eons without number.

Dedication

By the merit I have gathered
from all these acts of virtue done in this way,
May all the sufferings
of every being disappear.

Prayer to Christ

I pray to you, Lord of Compassion, Christ.
I pray to you, Great Teacher, Christ.
I pray to you, Perfect Noble One, Christ.
I pray to you, Lord of Love, Christ.

Lord of great compassion, hold me fast in your compassion.
From time without beginning, beings have wandered in confusion,
Undergoing unendurable suffering. They have no other protector than you.
Please bless them that they may achieve the omniscient state of True Gnosis.

With the power of evil karma gathered from beginningless time,
Sentient beings, through the force of anger,
Are born as hell beings and experience the suffering of heat and cold.
May they all be born in your presence, perfect deity.

Lord Jesus Christ, Have Mercy

With the power of evil karma gathered from beginningless time,
Sentient beings, through the force of greed
Are born in the realms of the astral ghosts, and experience the suffering of hunger and
thirst.
May they all be reborn in your perfect presence, the Kingdom of God.

Lord Jesus Christ, Have Mercy

With the power of evil karma gathered from beginningless time,
Sentient beings, through the force of stupidity
Are born as animals and experience the suffering of dullness and stupidity.
May they all be born in your presence, protector.

Lord Jesus Christ, Have Mercy

With the power of evil karma gathered from beginningless time,
Sentient beings, through the force of jealousy
Are born in the realm of titans and experience the suffering of fighting and quarreling.
May they be born in your presence, the Kingdom of God.

Lord Jesus Christ, Have Mercy

With the power of evil karma gathered from beginningless time,
Sentient beings, through the force of pride
Are born in the realm of gods and experience the suffering of change and falling.
May they be born in your presence, the Kingdom of God.

Lord Jesus Christ, Have Mercy

May I, myself, through all my existences,
Act in the same manner as Christ.
By this means, may all beings be liberated from the impure realms and
May the most perfect sound of this prayer Spread in the ten directions.

By the power of this prayer to you, Most noble and perfect one,
May all beings be trained by me, take karma and its effects into account
And practice skillful means diligently.
May thy take up the Sacred Flame for the good of all.

By having prayed like this one pointedly,
light shining from the holy form, removes all impure karma and bewilderment.
The outer realm becomes the realm of bliss.
All knowledge, sound, and appearances become inseparable from the Light of the Sacred
Flame.

Meditate like this as you Recite the Prayer

Lord Jesus Christ, Have Mercy

Recite the prayer as many times as you can.

Finally, let the mind remain absorbed in its own essence, without making distinctions between
subject, object, and act.

Dedication

Everyone's body, including my own, appears in the form of the Noble One's body;
all sound is the sound of his prayer; all that arises in the mind is the great expanse of wisdom.
Through virtue of this practice, may I now quickly achieve the all-seeing one's great state.
And to this same state may I come to lead every being, not one left behind.

With all the merit of these thoughts and words, may I and every being to whom I am joined,
when these imperfect forms are left behind, be born miraculously in the Kingdom of God.
Crossing the ten stages directly after birth,
may emanations fill the ten directions in service for the benefit of all.

Through this virtue, may all beings gather the accumulations of merit and awareness;
may they attain the supreme forms which arise from merit and awareness.

The mind of True Compassion is precious.
May those who have not engendered it, engender it.
May those who have engendered it, not destroy it.

The Christ Practice, an Elaboration

"Peace: I bow to the Noble Lord, the All-Seeing One,
The expression of Great Compassion;
Inseparable from the Activity that stirs the depths of the World."

The All Seeing Lord of Compassion is especially exalted in that his motivation and activity are superior to that of all the Aeons; without leaving the peace of the mind of Gnosis, he is continually active throughout the past, present and futures- indeed, until the whole cycle of existence is emptied- in guiding sentient beings.

This elaboration is discussed under five headings:

1. Preparation - Going for Refuge and the Engendering of the Mind of Gnosis
2. Actual Practice - Meditation on Deity
3. Actual Practice - Recitation of the Prayer
4. Conclusion - Continuing the Practice
5. Conclusion - Dedicating the Merit

Point One - Going for Refuge and the Engendering of the Mind of Gnosis

The sky in front of you is filled with magnificent shining clouds, brilliant rainbows, and heavenly flowers. In this effulgence, sits the Supreme All-Seeing One, the very actuality of the Divine in all realms and ages.

Yourself, and all those to whom you are friendly, unfriendly, or indifferent, in short all sentient beings, are gathered together in great multitude. Everyone prays in the threefold unison of faith, yearning, and belief: the faith impelled by the expectation that the Lord of Compassion is able to shelter all others and yourself from the great sea of Suffering; the yearning to seek this protection; and the belief that refuge is definitely to be obtained.

"In the Christ, Sacred Flame and Companions
I take refuge until I reach True Gnosis."

As you go for refuge, recite these lines as many times as you feel are appropriate, but at least three times. Be convinced that all sentient beings and yourself have come under the protection of the Christos.

Then direct your attention to all the sentient beings that have been previously imagined around you, and consider that, "of all these, there is not one who doesn't simply desire to be happy, and wish only to cease suffering; yet, since they do just that which produces sorrow, they will all be interminably tormented by the tremendous burden of the resulting sufferings of the world, and lower existences. At the very least, I should try to bring all of them to the Adamant of unsurpassable Gnosis, the pinnacle of happiness. Since, at the present, I am incapable of accomplishing that goal, I should apply this profound meditation concerning the Supreme All-Seeing One. When I have achieved the Supreme One's most exalted state, I shall, exactly as he has done, embark upon helping beings as long as this cycle exists."

“By the merit of this practice, generosity and so forth,
May I achieve True Gnosis for the benefit of all sentient beings.”

Thus, with sincerity and determination, and in sight of the All-Seeing One, take up this resolution, which is termed the production of the Mind of Gnosis. Repeat these verses along with the preliminary lines regarding refuge, the same number of times, as a single unit. In this way, you are certain and clear as to the purpose of doing the meditation.

From the form of the Christ, light shines. As it strikes all the beings who have been imagined, it washes away all their evil actions, obscurations, and suffering, and brings them happiness. The sources of refuge then dissolve into light and melt into yourself, thus blessing your stream of being.

Point Two - Meditation on Deity

Just as was done when refuge was sought, sit as your ordinary self, surrounded by all sentient beings, the objects of compassion. On the crown of the head of each rests a glowing eight-pointed star- the Signum. Meditate that this is the embodiment of the power and might of all Saints and Adepts. From it, shine innumerable rays of light, which render to the whole multitude of Saints and Adepts of all directions, offerings delightful to body, speech, and mind. As the light bathes all others and yourself, all disease, evil, pain, and obscuring ignorance are removed; as it fills all realms with its splendor it dissipates suffering and establishes happiness. The Blessings of the Supreme Ones, the Lords of Sapphire, in the form of returning rays of light, converge into the Signum on the head of each being, and then it changes instantly into the Supreme Lord of Compassion.

His form is brilliantly white with light, and radiates effulgence in various colors like a rainbow. As this light fills all realms, it exhorts all Saints and Adepts to administer to the welfare of beings; as it fills all realms, it eases all suffering and fosters happiness.

With a fine-featured smiling countenance, the All Seeing One gazes on all beings; with an engaging smile, he gazes continually on others and on you; with a heart filled with love and kindness, like the love of a mother for her only child, he watches constantly over all beings.

His body is gracefully adorned. A brilliant Corona Flammae, a tongue of flame, crowns his head in a radiant halo. He rests as the complete fusion of all aspects of Divine Gnosis that afford refuge in this realm.

“On the crown of the head of myself and all beings, is a glowing Signum.
Christ arises from this. He radiates bright, clear light of five colors.
He gazes with compassionate eyes and lovely smile.
His hands are in the Ka position, open and inviting.

He is arrayed in robes of white.
His head ornament is a corona flammae of boundless light.
A stainless moon is his backrest.
He is the essence of all those in whom we take refuge.”

As you read each line of the text slowly, imagine clearly the corresponding features.

Point Three - Recitation of the Prayer

There are two parts to this: to enjoin the spirit of Deity through prayer; and to achieve absorption in the three faculties of Body, Speech, and Mind of Deity.

As to the first: All beings, including yourself, pray in unison, concentrating exclusively on the Supreme All-Seeing One, your teacher and Guide, who is now clearly visualized: "Whatever you do, we pray that you will help us wipe away our obscuring ignorance, and show us the way to our true nature and the embodying Sacred Flame- the path to the True Mind of Gnosis."

"Lord, not veiled by any fault, blazing in magnificence,
Whose head is crowned in light,
Gazing compassionately at all beings,
To you, Christ, all-seeing one, I prostrate."

You should pray, depending upon ability, as many times as you are able, until you are definitely moved in your stream of being, and the visualization has become clear and definite- but at least three times.

Secondly, when you have single-mindedly prayed as above, and are steadied by this appeal to Deity, immeasurable light in many hues, but primarily clear and white, radiates from the form of the Supreme One on your head, and shines on all beings, including yourself. Just as the light of a lamp dispels darkness, so does this light instantly wash away all present moral failings or weaknesses produced by defilements, and the obscurations and unskillful actions accumulated in the streams of being of others and yourself from time without beginning.

Now, when the light dispels these obscurations of discursive ignorance and its associated habits, you are blessed with the indivisible dynamics of the physical, verbal, and mental faculties of the All-Seeing One. The form of the Supreme One then becomes very clear and bright, shining yet empty, like a rainbow. As the light pervades all realms, the external world, the whole universe, becomes a Realm of Great Bliss, at one with the Fullness.

Here, there are not even the names of earth, stone, mountain, or wall; rather, this realm is naturally resplendent in the effulgence of light from rainbows and jewels. Of its inhabitants, all sentient beings, each one now liberated from his particular sufferings, are transformed physically into the clear and bright form of Great Compassion. All sounds and noises reverberate the sounds of prayer. With the removal of the bewildered state of mind, the mind of the Supreme One, inseparably Aware and Awake, is definitely present.

Thus, settle into the transcendent, extensive, and vastly encompassing state that is devoid of grasping, and which all physical appearances of yourself and others are identical with the pure manifestations of Being and the Fullness; in which all speech or sound is praise; and in which each mind is the True Mind of Gnosis, naked void Awareness.

"By having prayed like this one pointedly,
light shining from the holy form, removes all impure karma and bewilderment.
The outer realm becomes the realm of bliss.
All knowledge, sound, and appearances become inseparable from the Light of the
Sacred Flame."

As you say these lines, clearly call to mind the images described above. Then recite the prayer "Lord Jesus Christ, have mercy" for the principle part of the meditation session.

This prayer unites the power of the transcending awareness of all Saints and Adepts, and brims with the condensation of the energy of all the compassion and activity of the Supreme All-Seeing One.

These few syllables form the King of prayers; they constitute the union of all the power and strength of the infinite activity that stirs all beings. Thus, recite the prayer as much as possible during the main part of a mediation period.

The radiance from the form of the Divine One on your head has now transformed all existence into deities and the realm of Fullness.

Finally, all these dissolve into light, and melt into the All-Seeing One; he, too, dissolves into light and merges with you. And as you yourself dissolve into light, rest evenly in your own essence, your own Sacred Flame, exactly as it is, the great, encompassing, and pervasive Sphere of Phenomena, the Mind of True Gnosis.

Rest in this brilliant clarity without concern for subject, object, and activity.

Point Four - How to Carry This Practice Always in Mind

When you rise from the preceding meditation, continue to contemplate that which appears real to others and yourself (everything, such as earth, rocks, mountains, etc.) as the divine Body of Supreme Compassion; sound and noise, whether from living beings or inanimate sources, as the melody of Divine praise and prayer, the speech of Supreme Compassion; and all mental activity as having the nature of the Mind of True Gnosis, beyond intellectualization, the awareness Mind of Supreme Compassion.

“Everyone’s body, including my own, appears in the form of the Noble One’s body; all sound is the sound of his prayer; all that arises in the mind is the great expanse of wisdom.”

Whether you are walking, sitting, moving, sleeping, talking, or whatever, abandon your discursive concern for the mundane, and hold to the complete whole of this mind of Gnosis of three key points: Appearance as Deity, Sound as Prayer, and mental activity as Awareness.

Point Five - Dedicating the Merit

As you pray, think as follows: “I share equally with each and every being the whole store of virtue which is present in my stream of being because of practicing this meditation and recitation. May I, with the unsurpassable store of merit from this act, obtain the unsurpassable state that is equal with the mighty All Seeing One, as quickly as possible. Thus, I shall have obtained the power and ability to place each and every being, whose numbers match the sky, in the state of Supreme and Perfect Compassion which is inseparable from Complete and Holy Gnosis.”

“Through virtue of this practice, may I now quickly achieve the all-seeing one’s great state. And to this same state may I come to lead every being, not one left behind.”

As you pray, be as sincere in this aspiration as you can.