

RULES FOR SPIRITUAL INITIATION

Life is a game. Fortunately, there are rules for playing the game. If these rules are understood and practiced, then progress occurs over the life time.

The Tibetan Master D.K. has given us a preliminary set of rules which govern us if we are playing the game of life as an individual. These 14 rules are then superseded by 14 rules if we are playing the game of life as a group. The first set is given in *Initiation Human and Solar* and the second in *The Rays and the Initiation*; both written through Alice Bailey.

Each of these books, as well as all of the Bailey books, give information and hints which aid the intuition in deciphering the meaning of the rules. Other authors, most notably Zachary Lansdowne, have also worked to bring light onto these rules for treading the Lighted Way.

The study of the rules will be at the core of the curriculum for the New Schools. These schools are mystery schools preparing the student for initiation. They are schools of meditation, since this is the most effective method for spiritual progress. They are schools to prepare individuals to live as a group and aid their fellow men. The 28 rules provide the means to achieve these three objectives.

The following are a few sentences to describe a small part of the meaning of each of the first 14 rules:

1. Open to love and a feeling of oneness. One makes progress through purification and self-discipline.
2. Purification and self-discipline must apply to the physical, emotional and mental bodies. Progress is through striving and then rest. All attainment is to be noted and then forgotten.
3. New behaviour is developed in the three bodies through: being indifferent to the irrational behaviour of the physical body and projecting an ideal onto the etheric body, remove attention from the selfish emotions and call to the soul and let higher emotions supersede the lesser ones, and watch the mind and read widely so as to replace limited thoughts with new ones.
4. Learning to impersonally serve others and help them to evolve will shift energy from the lower (personality) charkas to the higher (soul) charkas.
5. Cultivate the will-to-love by inventorying one's vices and virtues and then using creative visualisation to create the virtues.
6. Use common sense and explore different types of diets and fasting. Eat a vegetarian diet.
7. Live the life "as if" you are the soul. Reflect on the soul/personality relationship and what needs to change within the personality. Act on the guidance of the soul.
8. Seek to become aware of the difference between the consciousness of the soul and the thoughts and motives of the personality. By contacting the soul, learn to scientifically sweep the energies of the charkas in the head through the lower charkas. This brings the endocrine system into better functioning.
9. Learn to work as a group by: subordinating one's ideas to group requirements, dispelling glamour and eliminating suspicion and criticism. Also: seek to be motivated by the single purpose of aiding Humanity. Always know that you are a part of a larger soul group.
10. Free yourself from glamour by: observing how the emotional body is built by environmental stimuli and thoughts and seek to understand the cause and

meaning of your reactions. You must discover your own technique of purification.

11. Ask “why?” and probe into the world of causes. You will discover the world of meaning surrounding and pervading the world of appearances. You will gain an abstract vision of how to solve problems as you learn to transfer the energies from the lower charkas to the higher ones.
12. Use the hands in service to express a seen solution. After demonstrating an ability to contemplate, serve selflessly, and take care of one’s own problems: learn to call upon a Master of the Wisdom for assistance. Then learn aid in construction and destruction through the use of the third eye.
13. Learn to comprehend four aspects of service: obtain inspiration through a group which has attained group unity and group meditation; use the mind to attune to immediate plan from Hierarchy and then work it out through the wisdom the soul, knowledge of the mind and information of the senses; remove impediments to this downflow through dispelling glamour; and learn to use the Will.
14. All disciples must eventually learn to become psychics. They do not seek to develop these abilities but use the abilities as they respond as souls to human need.

Each rule, though apparently simple, has many levels of meaning and requires pondering. Each rule opens fully only when examined with the eye of intuition. And, all the rules must be demonstrated in the real game of life.