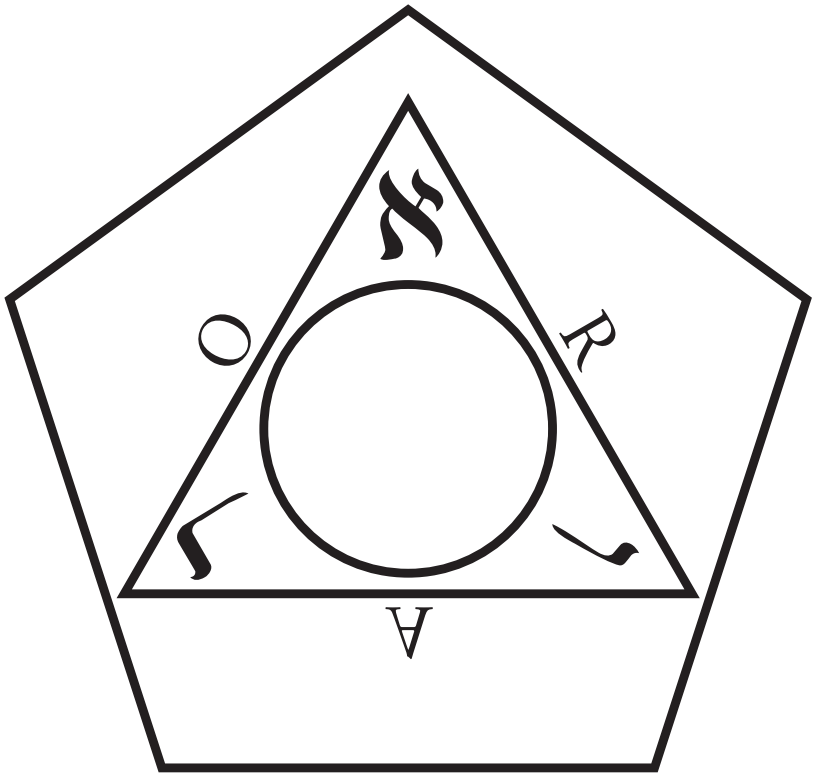
Academy of Reflection

— COURSE MATERIAL —



Mandala Meditation on the Grand Encampment

AOR3000

Prerequisite Courses

- *Basic Methods in the Intentional Practice of Awareness (AOR1000)*
- *Emblematic Meditations for the Craft Lodge (AOR2100)*
- *Emblematic Meditations for the Lodge of Perfection (AOR2110)*
- *Emblematic Meditations for the Chapter of the Rose Croix (AOR2120)*
- *Emblematic Meditations for the Council of Kadosh (AOR2130)*
- *Emblematic Meditations for the Consistory of the Masters of the Royal Secret (AOR2140)*

Prerequisite Reading

- *Meditation: A Primer for Freemasons on the Intentional Practice of Awareness (AOR0000)*
- *A Bridge to Light by Dr. Rex R. Hutchens*

Course Guidelines

- None

Part 1 – Mandala Meditation

Acquire the diagram of the Grand Encampment in A Bridge to Light, or from some other source. Mount it in a frame or on a board so that you can either place it before you on the floor, on a table, on an easel, or hung on a wall at eye-height for sitting. Memorize the details so that you can see them clearly in your imagination.

Once you have the image memorized, you can perform the meditation by sitting with the diagram before you. Begin with silent sitting, and once you are centered and still, visualize the diagram with your eyes closed. As you see the image in your mind, also attend to your heart, imagining an amplification of energy there as you take gentle, deep breaths in a peaceful rhythm. When you are ready, open your eyes a little to gaze on the diagram. You simply welcome the whole image into your vision, blinking and moving your eyes as little as possible. Your sight is directed to the center of the diagram, yet your eyes are relaxed and slightly out of focus, somewhat like they might be before dozing off to sleep. Also continue to attend to your heart and imagine feeling a connection of energy between the diagram and your heart. As you gaze, you may notice that it seems to glow or even flash as its afterimage becomes more prominent in your mind.

At some point, allow your eyes to begin focusing on details at the outer edges of the diagram. Your mind will naturally be drawn to one thing or another – a shape, a color, a pattern, a letter, etc. As you attend to a detail, keep your eyes focused on it for a while, letting it sink deeper into your awareness before moving on to something else. It is not necessary to focus on every detail. Simply follow your "sense" for where to look next, but gradually work your way back toward the center. When you finally come to focus on the center, again recall the connection with your heart, and allow your eyes to go out of focus as you continue to gaze. In this state, reflect upon any particular thoughts or feelings that have arisen for you during the meditation. You may close your eyes whenever you wish.

When you are ready, allow the wholeness and harmony of the diagram to be reflected in your own being – physically, emotionally, intellectually, and spiritually. After a while, release the image and once again focus on breathing in a deep, peaceful rhythm. When you are ready, open your eyes and stretch to end the meditation.

Perform this meditation at least 3 days a week over 4 weeks. Document the day, time, and duration of each session, as well as any reflections you have on the experience.

Objectives:

- Document at least 240 minutes of meditation on the Grand Encampment.

Part 2 – Reflective Writing

Reflect upon your experiences with Part 1. In at least 1000 words, summarize your experience, noting how it was personally meaningful to you in one or more of the following areas:

- Understanding of self
- Relationships with others
- Experience and appreciation of Freemasonry
- Relationship with the Divine