

**Teachings from the Mystery School**  
**The Maitreya Discourses**  
**Chapter 16: “The Kneading of the Dough”**  
**Given by Lord Maitreya on July 4, 1989**

**Dictation Summary**

In this chapter, Lord Maitreya expounds on deep conditions of consciousness, such as fear, that keep us from oneness with our Father-Mother God. He encourages us to “Seek not the earthly union. Seek, then, true Father and Mother of light in whom there is no variableness, neither shadow of turning.” (p. 214) He also encourages us to resolve our relationship with the true Guru and gives important teaching about how to do this.

**Core Concept**

A core concept in this chapter is the need for resolution with the true Guru. Lord Maitreya states: “I present, therefore, the person of the Guru whom you left off serving long ago in this or that scene of Atlantis or Lemuria. ... For I would have you face the moment when you, as children, found that something did not please you in that person of the Guru whom you were with, when you allowed something the Guru said or did to give you an excuse for turning to another direction and to another, less whole, for direction.” (p. 221) He explains that many things have kept us in this state of non-resolution with the true Guru: fear, ignorance, idolatry, etc. But he says, “Be *my* friend and then you will find that I am *your* friend and we can get rid of that fear of the Guru which begets self-doubt and self-ignorance.” (p. 225)

**Note**

In this chapter, Maitreya calls himself “Metteyya.” (p. 213) *Metteyya* is the name of Maitreya in Pāli, the colloquial language used in Buddhism. Maitreya is the original name in the Sanskrit language.

**Group Discussion Questions**

1. Maitreya names several conditions that keep us from oneness with our Father-Mother God. Make a list of these conditions and discuss how each can be resolved based on the teachings Maitreya shares in this chapter. Include in your discussion how participating in spiritual community can support the resolution of these conditions.



### Personal Reflection Exercise

In this chapter Maitreya speaks about both our progress on the spiritual path and the importance of change:

*Yes, I come with a rod, and with my rod I measure each one. Now I see the progress, for it is progress that I measure. My eye is on the “doughnut” and I count the increments of increase.*

(p. 218)

*May God be with you and convey to you at some level the urgency of the hour. Change is the order of the day. Change is required of every one of you. May you discover the changes most urgent to your soul’s victory and make them.*

(p. 231)

Take some time to reflect first on the progress you have made on your spiritual path a) since finding the teachings of the ascended masters and b) since beginning this study of *The Maitreya Discourses*. Then consider what, if any, changes you would like to make in your life at this time. You may wish to use the space below for recording your insights.

## Optional Personal Reflection Exercises

1. In this chapter, Maitreya invites us to write a letter to the messenger. He says:

*Resolution is required in this hour; and if it does require you to pen a letter to the messenger to open wide the garment and reveal these things, then do so. For, beloved, truth is the deliverer and in this truth there is a purging of the soul in the fires of forgiveness.*

(pp. 215-216)

Based on what you learned about yourself in this chapter, consider writing a letter to our messenger, Elizabeth Clare Prophet, and sharing with her any points of non-resolution that you require assistance with overcoming. You may wish to burn this letter, if you have a safe place to do so, or place it in your Bible or on your personal altar.

2. Maitreya speaks about the Five Dhyani Buddhas and the assistance that they can give us on the spiritual path. (The dictation published in this chapter was preceded by a lecture by Elizabeth Clare Prophet on the Five Dhyani Buddhas called “Teachings of the Buddha: The Five Dhyani Buddhas and the Five Poisons” (July 3, 1989).) On the following pages, you will find a summary of information about the Five Dhyani Buddhas followed by reflection exercises on the five poisons and the antidotes that the Dhyani Buddhas bring to conquer these poisons.

For more information about the Five Dhyani Buddhas, see The Summit Lighthouse Encyclopedia entry "Five Dhyani Buddhas":

[https://encyclopedia.summitlighthouse.org/index.php/Five\\_Dhyani\\_Buddhas](https://encyclopedia.summitlighthouse.org/index.php/Five_Dhyani_Buddhas)

## The Five Dhyani Buddhas on the Secret Rays



5<sup>th</sup> Secret Ray  
**Amoghasiddhi**

*All-Accomplishing Wisdom  
conquers envy and jealousy*



4<sup>th</sup> Secret Ray  
**Amitabha**

*Discriminating Wisdom  
conquers the passions—all cravings,  
covetousness, greed and lust*



3<sup>rd</sup> Secret Ray  
**Ratnasambhava**

*Wisdom of Equality  
conquers spiritual, intellectual  
and human pride*



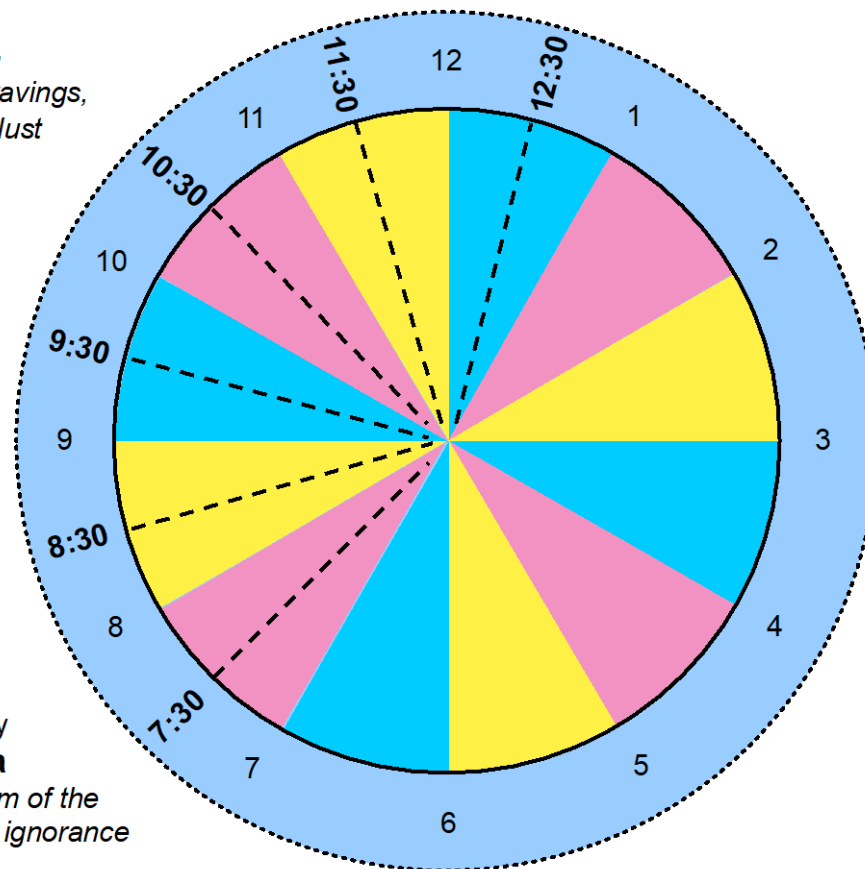
2<sup>nd</sup> Secret Ray  
**Akshobhya**

*Mirrorlike Wisdom  
conquers hatred and anger*








1<sup>st</sup> Secret Ray  
**Vairochana**

*All-Pervading Wisdom of the  
Dharmakaya conquers ignorance*



### The Five Dhyani Buddhas and Their Attributes

Dhyani Buddha	Secret Ray	Meaning of Name	Direction Color Element	Skandha (Sphere of Action in Matter)	Symbol	Throne-bearer	Wisdom/ Perfections	Poison Antidoted by Wisdom	Mudra (Hand Gesture)	Bija/ Mantra
Vairochana 	1 <sup>st</sup> secret ray / 7:30 line	He Who Is Like the Sun, The Radiating One	center white ether	consciousness	wheel of the Teaching, or Law (dharma-chakra)	lion	All-Pervading Wisdom of the Dharmakaya / alms and precepts	ignorance	teaching, or turning the wheel of the Law (dharma-chakra)	Om/ Om Vairochana Om
Akshobhya 	2 <sup>nd</sup> secret ray / 8:30 line	Immovable, Unshakable	east blue water	form	thunderbolt, or diamond scepter (vajra)	elephant	Mirrorlike Wisdom / renunciation and wisdom	hatred and anger	earth-touching (bhumi-sparsha)	Hum/ Om Akshobhya Hum
Ratnasambhava 	3 <sup>rd</sup> secret ray / 9:30 line	The Jewel-born One, Origin of Jewels (Three Jewels: the Buddha, Dharma, and Sangha)	south yellow earth	feeling, sensation	jewel (ratna) or wish-fulfilling jewel (chintamani)	horse	Wisdom of Equality / courage and patience	spiritual, intellectual and human pride	giving or charity (varada)	Tram/ Om Ratna-sambhava Tram
Amitabha 	4 <sup>th</sup> secret ray / 10:30 line	Infinite Light	west rose (red) fire	perception	lotus (padma)	peacock	Discriminating Wisdom / truth and resolution	the passions: all cravings, covetousness, greed and lust	meditation (dhyana)	Hrih/ Om Amitabha Hrih
Amoghasiddhi 	5 <sup>th</sup> secret ray / 11:30 line	Almighty Conqueror, He Who Unerringly Achieves His Goal	north green air	volition, mental phenomena	double vajra (vishvavajra)	garuda (half eagle, half man)	All-accomplishing Wisdom / goodwill and indifference	envy and jealousy	fearlessness and protection (abhaya)	Ah/ Om Amoghasiddhi Ah

### Exercise: Five Poisons Self-Check

The Five Dhyani Buddhas embody five aspects of transcendental wisdom that can rid man of the five poisons that cause suffering and hold him back on his spiritual path. On a scale of 1 to 10, rate yourself on your control over each of the five poisons:

#### 1. The poison of ignorance:

1	10
No control over this poison	Complete control over this poison

#### 2. The poisons of hatred and anger:

1	10
No control over these poisons	Complete control over these poisons

#### 3. The poisons of spiritual, intellectual and human pride:

1	10
No control over these poisons	Complete control over these poisons

#### 4. The poisons of the passions—all cravings, covetousness, greed and lust:

1	10
No control over these poisons	Complete control over these poisons

#### 5. The poisons of envy and jealousy:

1	10
No control over these poisons	Complete control over these poisons

### Exercise: Prayer to the Five Dhyani Buddhas

Compose a short prayer to the Five Dhyani Buddhas asking for assistance in overcoming those specific things that you feel are holding you back from serving life: