

Teachings from the Mystery School
The Maitreya Discourses
Chapter 21: “Kindness Is the Key”
Given by Lord Maitreya on July 3, 1993

Dictation Summary

In this chapter, Lord Maitreya encourages us to seek the higher planes of being. He unfolds several spiritual tools and strategies that can help us do this, including the use of mandalas, thoughtforms, and images—even his own image. He shares how our pursuit of higher planes can help us in our projects and service to life. He also makes several key statements about the flame of kindness, saying, “Kindness, beloved, is the key.” (p. 314)

Core Concept

A core concept in this chapter is that we can pursue and connect with the higher planes of Spirit, even while moving through the planes of Matter. Lord Maitreya explains that “all that is real is the oneness of the soul with the living Teacher. Find that living Teacher in any one of or all the heavenly hosts. Find that living Teacher in your own Christ Self or Buddha Self.” (p. 306) The purpose of such a quest into Reality goes beyond personal benefit. Maitreya says, “by the inner eye and concentrated meditation [you can] allow and direct the migration of the soul to higher planes of your own being and then solicit and receive reinforcements of brothers and sisters of light and angels and cosmic beings.” (p. 309)

Group Discussion Questions

1. In the section “Using Mandalas, Images, Thoughtforms to Assist Visualization” (pp. 307-309), Maitreya shares a number of spiritual tools and strategies with us. What is the goal of using these tools? How can they assist us as we live in “the imperfect world”? After answering these two questions, look through the rest of the chapter and identify additional tools and strategies that would also help us with this important work.

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2. In this chapter Maitreya makes several statements about kindness (see pp. 305, 311, 314-315). As a group, briefly review these statements. Then reflect on your interactions in the past week and discuss how have you seen kindness (or a lack of kindness) in your world. What specific action(s) could your group take in the coming week to “Magnify the Lord in kindness” (p. 314)?

Personal Reflection Exercise

In this chapter, Maitreya says,

Thus take care, beloved. Rather treasure a blank wall for meditation than an imperfect piece of artwork or a piece of artwork that serves no purpose. For remember, all things within the household can be distractions of the mind's eye, capturing you in this or that mandala that is not scientific or holy but simply the design of some artist who has painted something that might attract your fancy but does not have the matrix to charge the soul and uplift the interior being.

Understand, then, that your surroundings are extensions of your body and your aura. Let the temple be free of encumbrances and let there be space for the mind to go through the walls and beyond to contact the stars and other realms of being that you are a part of. Now and then some of you have glimpsed heavenly hosts in numberless numbers as your inner sight has been opened by direction of one of your ascended master mentors. So, you have seen a multitude of heavenly hosts, you have seen angels and those who are your brothers and sisters and you have recognized, if but for a few moments of that experience, that you are a part of the greater body of the communion of lightbearers that is called the mystical body of God.

(p. 309)

In the coming week, review your living space and the artwork and treasures you have placed in it. Do your surroundings uplift you? If not, what changes could you make to your living space so that it inspires thoughts and feelings of God? Take time this week to make any adjustments that you feel would be helpful and journal about how you feel about these changes in the space below. You may also want to go through this exercise for spaces that you work or serve in, being mindful of shared spaces where you may only be able to hold the vision for new artwork and designs at this time.