



Triangles

BULLETIN

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GRATITUDE: THE HALLMARK OF AN ENLIGHTENED SOUL

In many cultures a moment is set aside, during the harvest season or at the end of the year, for the expression of gratitude. The Jewish festival of Sukkot in the fall, and the harvest thanksgiving observed in many Christian churches, are examples. Buddhism regards gratitude as a hallmark of humanity, for the doctrine of dependent origination means that everything and everyone in this world is connected, and the “mutuality” of our environment means there is no one and nothing that does not deserve our gratitude. Hinduism recognises the interrelationship between the law of karma and gratitude, and the Moslem holy month of Ramadan is intended to cultivate gratitude. Numerous cultural traditions throughout the world set aside annual observances for the collective expression of gratitude—for earth’s bounties and for the blessings of life itself.

To express gratitude is not just a nice gesture; it ties one into a pattern of energy-flow governed by definite spiritual laws. The Alice Bailey writings describe gratitude as a “basic releasing agent”, which suggests that something is freed up for the use of the soul when gratitude is expressed. To be grateful is to look beyond oneself in acknowledgement of the sustaining power of relationship, not only with “kindred spirits”, but with sources of aid and succor that are often invisible. In this way gratitude releases one from the prison-house of isolation, pride, inferiority, jealousy and resentment.

To express gratitude initiates a scientific process, for gratitude is a purifying agent that clears away old matter, frees up any tendency to crystallisation, and brings in new mobilising energies. Interestingly, gratitude is said to be closely related to loyalty. On first thought, this may come as a surprise, but to express gratitude is to recognise the contributions of those greater than oneself and to feel admiration and joy in their achievement. In responding with gratitude we align ourselves with the same forces and energies that have brought us help. In doing so, we enter into a stream of energy that is circular, in effect, and related to karma. This is why we are told that the Great Ones do not need our gratitude, but that *we* need to feel it for their aid.

Every server joins an energy-field created by other servers, adding one’s little part to a group effort too great for any one individual to take its measure. In shared service the contribution of each worker is exponentially augmented. The Triangles network is one such example, created by the efforts of countless workers unknown to us and over many years. Daily we can remember the dedication of our fellow workers and of all servers who contribute to the greater good. Daily we can say, “I affirm gratitude to all Light-bearers.”

MUSINGS ON GRATITUDE

O Lord! that lends me life,
Lend me a heart replete with thankfulness!

Shakespeare, Henry VI

To the Spirit great and good,
Felt, although not understood,--
By whose breath, and in whose eyes,
The green earth rolls in the blue skies,--
Who we know, from things that bless,
Must delight in loveliness;
And who, therefore, we believe,
Means us well in things that grieve,--
Gratitude! Gratitude!

Leigh Hunt, Hymn

His mind was a thanksgiving to the power
That made him. It was blessedness and love.

William Wordsworth, The Excursion

Every struggle that we make to live is a prayer
to God for life. And the continuance of our
existence is God's answer to our prayer. But
when we first take the life which He gives us
we do not know what it is. Its depth, its
richness only opens to us gradually. Only
gradually do we learn that God has given to us
not merely the power of present being and
present enjoyment, but that wrapt up and
hidden in that He has given us the power of
thinking, feeling, loving, living in such deep
and lofty ways that we may be in connection
with the great continuous unbroken thoughts
and feelings and movements of the universe.

Phillips Brooks, Sermons

Lord of the world, rather a bitter olive given by
Thee than sweets provided by man.

The Talmud

God would not put a difficulty upon you, but
he desires to purify you, and to complete His
favor upon you, that you may give thanks.

The Koran

The faith be mine,
That He who guides and governs all, approves
When gratitude, though disciplined to look
Beyond these transient spheres, doth wear a
crown
Of earthly hope put on with trembling hand.

William Wordsworth, Memorials of a Tour in Italy

He who partakes of anything of the goods of
this world without reciting a blessing of
gratitude to God is as if he had been stealing
from the Holy One, blessed is He.

The Talmud

At times our own light goes out and is
rekindled by a spark from another person. Each
of us has cause to think with deep gratitude of
those who have lighted the flame within us.

Albert Schweitzer

Gratitude is not only the greatest of virtues, but
the parent of all the others.

Cicero

If the only prayer you said in your whole life
was, "thank you," that would suffice.

Meister Eckhart

For each new morning with its light, For rest
and shelter of the night, For health and food,
for love and friends, For everything Thy
goodness sends.

Ralph Waldo Emerson

Gratitude is the fairest blossom which springs
from the soul.

Henry Ward Beecher

Thou hast given so much to me
Give one thing more — a grateful heart:
Not thankful when it pleaseth me,
As if thy blessings had spare days,
But such a heart whose Pulse may be Thy Praise.

George Herbert, A Heart to Praise Thee

NOTES ON THE NETWORK

With the passage of another year nearly upon us, it is timely to briefly reflect on the work of Triangles in 2008 and to look forward to our work together in 2009.

During the course of the year we received a number of enquiries from people of goodwill throughout the world interested in the work. They were drawn to the idea of spending a few minutes each day in using the power of lighted thought to help construct a better world. They realise that profound changes in human society can only take place when there is a shift in consciousness, and when a suitable mental climate is present to reveal the higher archetypal pattern that will shape the new world order. We live in troubled and challenging times. This year in particular has seen the global financial crisis deepen affecting the lives of countless millions throughout the world.

If you are interested in forming a new triangle and give a few extra precious moments each day to crafting an enlightened public opinion, then you might consider using *Triangles Online*, which is a web-based initiative helping people of goodwill from many countries to form triangles. In order to use this service, you will need to fill in a simple questionnaire:

http://www.lucistrust.org/en/service_activities/triangles/online/bulletin_board_questionnaire

Units of Service

We are pleased to report that Triangles and World Goodwill have recently revised the *Units of Service* folder. For many years, we have encouraged and supported co-workers to form units of service and become involved in their local communities in promoting goodwill, forming triangles and using meditation to serve humanity. Many of you will be familiar with the adage: *think globally, act locally*. The need for small groups of like-minded people of goodwill working together in their communities to carry forward a culture of the soul is beyond measure. Let us be mindful that a group of people of goodwill, “unifying their efforts and guided by a common purpose, can have an

effect on their environment far out of proportion to their numerical strength”. We are pleased to enclose a copy of the *Units of Service* folder in this mailing and further copies will be sent to you on request.

If you are interested in forming a unit of service, or you would like to know if a group exists in your local area, then please contact headquarters. Some groups are listed already on our website at: http://www.lucistrust.org/en/service_activities/worldwide_network/listing

You Tube / Facebook

We are always mindful of thinking through creative yet appropriate ways to bring the note of Triangles, and for that matter all aspects of our work, to a wider audience. With this in mind we are considering experimenting with two networking websites: *You Tube* and *Facebook* in the New Year. These websites are very popular with the younger generation. A selection of *Inner Sight* videos on themes such as: *the new group of world servers; consciousness, values to live by, and the spiritual use of money* are already available on You Tube: http://uk.youtube.com/profile_videos?user=LucisTrust. We hope to keep you updated on these developments in the next *Notes on the Network* page at the end of next year.

Triangles Registration

It is always a joy for us at headquarters to receive notification of new triangles being formed by co-workers around the world. The primary reason we welcome the registration of triangles at headquarters is to send out introductory literature to new co-workers, so that they can become more familiar with the work. Also, they will be included on our mailing list to receive the quarterly *Triangles Bulletin* and so keep them in touch with the worldwide work. So, please do let us know if you form a new triangle.

It only remains for us to extend our heartfelt thanks to each and all of you for your contribution to the work this year. And we look forward to our shared service together in 2009.

SHARING GROUP THOUGHT

Every year we feature on this page reflections on Triangles that we receive from co-workers around the world. In this issue we are pleased to include contributions from co-workers in Nigeria, UK and the USA.

Triangles unites like-minded people of goodwill and cooperation.

To spiritually serve by saying the world prayer throughout every nation.

Three people are needed to make one Triangle of Light.

Three people agree to say the Great Invocation each day or night.

It is such a simple thing to do for our God, for our Deity

But it has immeasurable effect on the group consciousness of humanity.

This gets illuminated and expanded a little more each day

And people's attitudes can change in a great innovative way!

A network of mental power and radiation is thus created.

This energy of love and goodwill can be very pervasive

It can shine through the hearts and minds of all and be persuasive

In aiding men and women to have great ideas and

get creative.

Others will then see the beauty of cooperation and friendship,

Bringing to the world peace, harmony, unity and kinship!

UK

Triangular meditation on Triangles interconnects with three people. Through the meditation, the lower mind is regenerated to attain perfection for the three bodies – achievement of divine illumination for the service of mankind. Meditation assists students to be endowed with calmness, peace, love, humility and compassion.

Nigeria

I see Triangles as connecting energy focused on peace, light, and love, surrounding and encompassing the earth, dissipating darkness, and attracting more positive energy, creating higher consciousness throughout the world.

USA

Love is the force that wipes away peoples fears and tears!

Love is the magic that lives in peoples hearts and souls.

Love is the answer to conflict and reaching shared goals!

UK

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles.

The Triangles Bulletin is for men and women of goodwill and is published four times a year in Czech, Danish, Dutch, English, French, German, Greek, Italian, Polish, Portuguese, Russian, Spanish and Swedish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

For further information and literature write to Triangles:

Suite 54
3 Whitehall Court
London SW1A 2EF
UK

www.triangles.org

Case Postale 31
1 rue de Varembe (3e)
1211 Geneva 20
SWITZERLAND

120 Wall Street
24th Floor
New York NY 10005
USA