



# Triangles

BULLETIN

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## THE BIRD OF JOY

Service through the power of thought is essentially work with radiation. This is the core principle of our work together in the creation and maintenance of triangles of light and goodwill. The mind, in reflecting on goodness, beauty or truth, for example, takes on something of the energetic potency, something of the quality, of the divine principle as it exists in the Higher Worlds. In the process, our thinking radiates a frequency of this quality into the mental environment. In our work with Triangles we amplify this natural process by linking with the minds of two others to form a three-pointed field, and then weaving our small intimate triangle into the field created by the global web of the hundreds of thousands of other small, intimate triangles.

With this in mind there is great value in our pondering upon Joy. Thinking about this can lead us to think joyfully – *with* joy and *in* joy. To the extent that we do this we radiate a joyous healing quality through the net of living triangles and out into the collective field of mind and heart. In a cynical age, what more important work can there be: the re-enchantment of consciousness depends upon a massive awakening to joy.

The joy we speak of is not what Kahlil Gibran had in mind when he wrote that *joy and sorrow are inseparable*. Happiness is best seen as the inseparable emotional opposite of sorrow and sadness. Joy is of another order. It speaks of the soul, though deep happiness may well be one of its emotional reflections or manifestations. Beyond joy we may even, at rare moments, sense the still higher state of pure spirit: Bliss.

Bring to mind the image of a small bird whose bright, rich song inspires and uplifts with a gentle delight. Consider how that quality of delight aligns us with the heavenly realm of our soul. Both the sound of the bird and the image of easy, rapid, free movement as the bird flits from branch to branch and tree to tree suggest freedom, purity and simplicity.

Imagine the sublime *Bird of Joy* winging its way from the higher worlds to nestle in your mind and heart; to make its nest there in such a way that your experience of life is forever flavoured by its presence. Unshakeable, golden, radiant joy brings with it the surety and strength of the Higher Worlds, which lie within us. Fear is dissolved because the joy does not depend on the pains and pleasures of life. When the *Bird* flies into our awareness we know that life is fundamentally good.

## MUSINGS ON JOY

Joy settles as a bird within the heart but has winged its way from the secret place within the head. I am that bird of joy. Therefore, with joy I serve.

*Alice Bailey*

Earthly language is entirely insufficient to describe what there is of joy, happiness, and loveliness contained in the inner wonders of God.

*Jacob Boehme*

Serve the Lord with gladness; come into His presence with singing.

*Psalms 100:2*

Joy is the realization of the truth of Oneness, the oneness of our soul with the world and of the world-soul with the supreme lover.

*Rabindranath Tagore*

What Joy in rosy waves outpoured,  
Flows from the heart of Love, the Lord.

*Ralph Waldo Emerson*

All the joys of life which Thou holdest, O Mazda, the joys that were, the joys that are, and the joys that shall be. Thou dost apportion all in Thy love for us.

*Zoroaster*

Out of the lotus in the head springs the flower of bliss.

Its earliest form is joy.

*Alice Bailey*

Be joyful, for joy lets in the light....

*Alice Bailey*

We are not aliens in a strange universe governed by an outside God; we are parts of a developing whole, all enfolded in an embracing and interpenetrating love, of which we too, each to other, sometimes experience the joy too deep for words.

*Sir Oliver Lodge*

In spite of difficulties, treasure the higher joy of achievement. This joy of achievement must be cultivated in oneself as well as in others. This is most essential, since only in it lies the pledge of the salvation of humanity, the pledge for the approach of the New World! The joy of the future is ordained, but, indeed, the period of waiting at the threshold is always wearisome.

*Helena Roerich (adapted)*

Learn to feel joy — a joy which is based on the knowledge that humanity has always triumphed and passed onward and forward in spite of apparent failures and the destruction of past civilisations; a joy, which is founded upon the unshakable belief that all men are souls, and that “points of crisis” are factors which are of proven usefulness in calling in the power of that soul, both in the individual man, in a race, or in humanity as a whole; a joy which is related to the bliss which characterises the soul on its own level whereon the form aspects of manifestation do not dominate. Ponder on these thoughts and remember you are grounded in the centre of your Being and can, therefore, see the world truly and with no limited vision; you can stand unperturbed, knowing the end from the beginning and realising that love will triumph.

*Alice Bailey*

It is the supreme art of the teacher to awaken joy in creative expression and knowledge.

*Albert Einstein*

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

*Buddha*

Never regard your study as a duty, but as the enviable opportunity to learn to know the liberating influence of beauty in the realm of spirit for your own personal joy and to the profit of the community to which your later work belongs.

*Albert Einstein*

## THE PLANETARY NETWORK

### Inner Sight

The series of *Inner Sight* radio programs started in August 2000. In the programs, Sarah and Dale McKechnie of the Lucis Trust, and host, Robert Anderson, discuss a broad range of spiritual and philosophical topics essential for everyday life. *Inner Sight* is broadcast on WOR 710 AM, reaching 8 states in the New York metropolitan area. It is broadcast once a week for 30 minutes each Sunday morning at 7.30 am US Eastern Time. The program can be heard live on the internet at [www.wor710.com](http://www.wor710.com) by clicking on the 'Listen Live' button.

The programs are an exploration into the inner world of the soul, of self-knowledge, of the energies of divine Light and Love, of life and death, of consciousness and meditation, of achieving goals and finding life's inner meaning.

Past programs are available for download on the Lucis Trust website. Those interested can download these programs in *Real Audio* and *MP3* format from the following web address:

[http://www.lucistrust.org/en/productions/inner\\_sight/inner\\_sight\\_broadcast\\_schedule](http://www.lucistrust.org/en/productions/inner_sight/inner_sight_broadcast_schedule)

### ***Spiritual Heritage Education Network Inc.*** **(SHEN)**

In 1998 a group of like-minded people met in Ontario, Canada to consider "the challenge of building universal inclusivity leading to tolerance, understanding, respect, and love between people of diverse backgrounds in the world". Two years later the Spiritual Heritage Education Network Inc. was formed.

The mission of the Spiritual Heritage Education Network or SHEN is "to provide easy

access to the thinking and findings of people of deep insight who have spent their lives studying the nature of humankind and its relationships in the universe...."

In order to meet this objective the Network aims:

- to educate the public about the spiritual heritage of humankind by providing courses, seminars, lectures, and conferences; and to engage in conducting related research.

- to provide a library of spiritual heritage literature, including commentaries and interpretations of heritage literature in English and other popular languages.

- to host public essay competitions in the area of the spiritual heritage of humankind.

- to provide syllabi and educational material for courses on spiritual and ethical education in primary schools, high schools, colleges, and universities.

Interestingly, the logo of SHEN is a triangle. One side of the triangle symbolises the spiritual heritage of humankind, the second side, education and the base of the triangle represents the network – the network of volunteers worldwide and the world wide web network.

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## A SILENT SERVICE

*Live with joy the life of loving service.*

Alice Bailey

The cause of so many problems in the world lies in the illusions and glamours to which we are all prey. These beguiling misperceptions and chimeras are like a dense cloud of chaotic sound, trapping humanity into seemingly endless repeat patterns of selfish behaviour. How we yearn for a spiritual order to supervene over the outer chaos. How we earnestly desire confirmation of our deep intuition that, behind the unsatisfying “busy-ness” and the basic unfulfilling nature of much of modern living, life has a spiritual purpose and meaning. This can be realised in a myriad of ways, but two of them deserve our thoughtful attention.

The first is silence. To the personality, silence often connotes inhibition, lack of self-expression or communication, loss and isolation. To the soul-infused server, silence has a quite different meaning. The noise of the personal self fades away and eventually ceases. The purified form then fulfils the purpose for which it was created – a fitting vehicle for the redemptive work of the soul. When this happens the sound of the soul, sometimes called the ‘voice of the silence’, begins to be heard loud and clear resonating through the individual server, through the group

of which he or she is a part, and redemptively out into the planetary centre which we call humanity.

This leads us directly to a consideration of the second way, which is the way of service. When we know a situation of need, then some act of service automatically follows. We have all experienced this on many occasions. In other words, when we know, then we serve. But on a deeper level it is found that this sequence is reversed: one serves, and then one knows. In true service our personality equipment – mental, emotional and physical – is not enough; the life of the soul and the intuition has to be evoked as well. In other words the intention and act of service not only calls forth all the personal resources of the server, but always stimulates and evokes the energy of the soul and the straight-knowledge of the intuition. Then the server truly knows in a way that previously would have been impossible.

The Triangles network is an expression of the soul and the intuition. It is carried on silently within the hearts and minds of the group, using the inner sound of the soul to build the framework for new relationships, expressing spiritual values and new modes of living. Together in our silent service we are sounding the melody of the soul.

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 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.

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