



TRIANGLES

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Joy and the Spiritual Path

The quality of Joy is one of the most important hallmarks of true spiritual unfoldment. Joy is not something that can be worked at or learned from the outside, for it comes from deep within us. Unbidden, and often when we least expect, it can suddenly bubble into consciousness, bringing a clarifying light, spiritual certainty and an uplifting sense of being an integral part of all life. Those who have experienced this revelation of joy will know the truth of Wordsworth's phrase "surprised by joy". In fact, the experience of joy comes as the personal self becomes suffused with the energy and life of the soul, for joy is the natural state of the soul. And just in so far as we are able to become soul-infused ourselves, so we discover that joy can be our natural state as well.

Although joy's presence cannot be commanded, there are many things we can do that will hold open the door to this ever-welcome visitor. Perhaps the first important thing to remember is not to aim for it, for by aiming we will tend to miss the mark. Rather we need to make the principle rules of the spiritual Path a constant background to our thoughts and daily life: the need to cultivate loving-kindness and compassion; to transform the desire for things and possessions into the spiritual love that gives and serves without any thought of personal reward; to try to understand the divine Plan for our world and the part we can each play in its unfoldment, and our daily service of vitalising the Triangles network. All these and the many other disciplines of the spiritual Path will automatically eliminate an excessive pre-occupation with our personal lives and teach us to focus more on the great opportunities now facing humanity as a whole.

Will we use our scientific knowledge for the benefit of all humanity within a nurtured and protected environment, or will we use it in a mainly negative and destructive way? Will we use our artistic abilities to ennoble and beautify, or to trawl through the psychic mire that characterises so much of humanity's desire life? Will we use our different religious and spiritual traditions to perceive a spiritual unity, which brings us all together into a shared wonder at the created cosmos? Or will we fall back into old patterns of separateness and discord? These are some of the many challenges that face us now. And if we wonder which direction to take and where we must serve, then the signpost of joy will indicate the way.

Thoughts 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

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.

Oliver Lodge

Steep is the path to the abode of faith. Turn thy mind toward the joy of creation. That thou mayest exalt the spirit – cast out the trivial thoughts and be ready to receive the vibrations sent by Us.

Agni Yoga Series

Spending oneself for others and serving mankind is one of the greatest sources of joy. The first benefit is that it causes us to forget ourselves, releasing us from the ‘steel box’ of our personality. The real sense of satisfaction derived from doing good to those around us is great, and no one can take it away.

But the most direct method of reaching spiritual joy is that of silence and meditation: this may lead to contemplation, communion and identification with the Supreme Being, Who is glory and bliss.

Roberto Assagioli

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....

Alice Bailey

I said long ago that ‘joy is a special wisdom’....

Man possesses the highest gift – to know joy. The lofty brow is given in order to perceive the Highest. From the far-off worlds to the tiniest flower everything offers joy to people. A new store of strength flows at each joy, because therefrom issues tension, which opens one more gate....

People forget a simple truth, that all is in flux. Sorrow is forgotten; but the sparks of joy glow forever. Through Our long lives We can confirm that joy is unforgettable and serves as an influx of strength. Happy are those in the Subtle World who can affirm joy. When We say, ‘Joy is hastening,’ it is verily near. But people often do not wish to notice it, for they have bound themselves by a predetermined sending. And so, joy may remain behind, without the desired effect. Look around broadly and gather all the flames of joy.

From ‘Letters of Helena Roerich, Vol. II’

The laws, the life, and the joy of beauty in the material world of God, are as eternal and sacred parts of His creation as, in the world of spirits, virtue; and in the world of angels, praise.

John Ruskin

Look up on high! – The giant peaks that stand
In joy of light above the mountain-brow,
Are heralds of the solemn hour at hand,
That brings the blessing down upon our land.
Already, down the soft eternal stair,
The shine has reached the lower Alpine sward,
Where clarity and brilliance are restored,
As downward, step by step, the light is poured –
The dazzling sun strides forth, and fills the air.
I turn, from greater power than eyes can bear.

Goethe

The good will is joyous

Roberto Assagioli

Notes on the Network

Every two years we feature on this page selected initiatives of individuals and groups throughout the world who work in co-operation with Triangles and World Goodwill. It is always a joy to learn of the activities of these groups who contribute to fostering goodwill within the human family. Further details of these and other Triangles and World Goodwill initiatives can be found in the latest edition (No.11) of the Units of Service Forum that can be obtained from Triangles headquarters.

This year, 1997, is the 60th anniversary of Triangles. To mark this occasion Triangles has initiated several projects that aim to strengthen the Triangles network of light and goodwill. And we hope as many co-workers as possible will become involved with two of these initiatives. The first is to form new triangles, which is central to the natural development of the work. The other is the publicising of Triangles on a wider scale. We warmly welcome your participation in this group endeavour. We will be pleased to provide further information on how you can help to publicise the work.

From every corner of the world, service groups work to expand the Triangles network – a network that radiates love and light throughout the planet. A group in Argentina, *Unidad de Servicio de Buena Voluntad “Rosario”* promotes the work through public meetings. From time to time, the *Unit of Service for Holistic Education* in Brazil provides courses on visualisation and meditation. Each course includes information on the Great Invocation, Triangles and World Goodwill. Plans are underway by a group in Mexico, *La Piedra Angular Unit of Service*, to start a Triangles study group.

Support of the Triangles work is especially focused amongst the healing community. A number of healing groups provide their patients with Triangles literature. In the UK, the *International Network of Esoteric Healing* invites students on their healing courses to link in with the Triangles network. Another group, in Germany, the *Aquarian Institute for Esoteric Healing*, makes available Triangles and World Goodwill literature to students and patients.

Their lectures on healing and on the Institute include a description of Triangles and World Goodwill.

Triangle World Servers in the USA has several times run a full-page Triangles advertisement ‘World Service through the Power of Thought’ in a newsletter. Another American group, *Sebastapol Goodwill Unit of Service*, sends out a Triangles flyer using the same theme to between 50 and 100 addresses a month.

In Nigeria, two groups, the *Nigerian Group for Goodwill* and the *Benin Unit of Service* use local radio and television to publicise the Great Invocation during the three spiritual Festivals period. In Australia, co-workers from the *Southern Waters Goodwill Unit of Service* have included articles on Triangles (‘Spiritual Work for a Better World’) in their nationally distributed journal, ‘Spiritual Links’.

The forming and publicising of Triangles invariably manifests at a local, community level. Its influence, however, radiates outwards upon a planetary scale. Local initiatives are an important part of the work. They provide a platform for Triangles both to reach men and women of goodwill in villages, towns and cities throughout the world and also, to encourage them to form their own triangles.

Co-workers may not be aware that the quarterly Triangles Bulletin is now available in eleven language editions. We are pleased to report that the first Bulletin in the Russian language was published in March. These language editions are only possible through the support of our dedicated team of international translators.

Unfortunately, we are not able to report on all of the groups throughout the world who give of their time and energy so that the Triangles network continues to grow. We warmly appreciate the loving contribution of all co-workers throughout the world. Do let us know of any Triangles initiatives you are involved with or plan to start. We shall be pleased to hear from you.

Serving Through the Power of Thought

One of the main premises upon which the Triangles work is based is a belief in *the power of thought*. All who engage in this work necessarily hold an inner conviction of the power of prayer and meditation, and an inner sense of the reality of the beneficent energies of light and love. By the daily visualisation of these energies circulating through our triangles and radiating throughout the planetary network of triangles, we are performing a valuable service to humanity. Strands of radiant, lighted energy woven into the network act as conductors for the flow of goodwill. As we strive to infuse the planet with the evolutionary energies of the soul we are contributing to the upliftment of human consciousness.

Much of the power of our work comes from using the Great Invocation and its deep significance continues to develop over time, through the daily, inner ritual of our work. We serve by the conscious building of bridges in thought, symbolised by the network of triangles, releasing a divine energy flow that lifts the unreal to the real. The Great Invocation is a thought of divine proportion. It is a perfect thought upon which to reflect and to use as a guide for our inner thought-life of service. The needs of humanity call upon us to express in our everyday

lives the spiritual values embodied in the Great Invocation – an Invocation that represents the blueprint of a new era, built upon the Light, the Love and the Power of God. Triangles provides a profound technique whereby God's Plan for humanity can become a reality. Each one of us, through the power of loving, lighted thought, is helping to create a mental atmosphere for spiritual principles to inspire and condition human thinking.

*Be
joyful,
for joy
lets in
the light*

The impact that the power of thought has upon our lives and those around us is immense. If we focus our thoughts upon the higher universal goals, we will find, contrary to the belief that there is not time for such idealistic thought, that by such thinking our lives will be transformed. The challenge before us is to think, to feel, and to act from a centre of inspiration; to "let purpose guide" our little wills to reflect our higher spiritual possibilities. If we dedicate ourselves to modelling our thoughts, feelings and actions along the lines of the recognised spiritual ideals then we will cooperate in the work of the Christ. This joyous labour opens the doorway in our own hearts through which His light and love may reach our fellow human beings.

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 and Spanish. 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

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

120 Wall Street
24th Floor
New York, NY 10005
USA