



Triangles

BULLETIN

No. 200
June 2017

THE SCIENCE OF MEDITATION

There are many methods of meditation being practiced today and each method has its specific purpose, for example, for relaxation, healing or self-development. Through the Raja Yoga technique of meditation – the Kingly Science of the Soul – the student aims to integrate the physical, emotional, mental and spiritual life. This technique uses the creative imagination, the art of visualisation and reflection on a seed thought to explore more deeply the underlying meaning of an idea, concept, or object. Through the creative activity of the mind the thinker is able to sense the true inner Reality within the imprisoning walls of the outer form.

According to the Ageless Wisdom tradition, “the universe is an aggregate of states of consciousness” ranging from Absolute or God consciousness, Universal or Group consciousness, Individual or Self-consciousness, through to Atomic or sub human consciousness”.¹ The physical brain, with its billions of cells, is regarded as being a “receiving plate” for the mind – which is, in turn, an instrument of the soul or higher Self. The soul – the mediating principle between spirit and matter, is embedded in the form nature, and “...feels, registers awareness, attracts and repels, responds or denies response and keeps all forms in a constant condition of vibratory activity”.² When soul, mind and brain are aligned there is sensitivity to ideas and impressions which drop into human minds from the spiritual realms, to be later expressed in some creative service. From this perspective, ideas “...are simply channels for new and desired divine energies...”³ later, to become concepts or thought forms which impact upon human consciousness. Here we have confirmation that energy follows thought.

The term meditation also includes the deep reflective thought of the scientist or philosopher and the creative process of the artist, writer or musician; indeed any thinker who uses the mind creatively and imaginatively engages in a form of meditation. Through the creative imagination and the power of visualisation the mind has the power to overcome all obstacles and go beyond existing knowledge.

Triangles co-workers sit quietly and link mentally with other members of their triangle invoking the energies of light and goodwill, visualising these energies as circulating throughout the three focal points of each triangle, and pouring out through the network of Triangles surrounding the planet. Then by sounding The Great Invocation a channel for the downpouring of light and love into the consciousness of humanity is formed. This is a meditative technique that serves humanity and the divine Plan.

1. A Treatise on Cosmic Fire, p. 243, footnote from The Secret Doctrine.
2. A Treatise on White Magic, p. 36.
3. Discipleship in the New Age, Vol. 11, p. 170.

REFLECTIONS ON MEDITATION

[The] technique of meditation is the outstanding creative agent on our planet.

Alice Bailey

That deep silence has a melody of its own, a sweetness unknown amid the harsh discords of the world's sounds.

Paul Brunton

Meditation is one of the most extraordinary things, and if you do not know what it is you are like the blind man in a world of bright colour, shadows and moving light. It is not an intellectual affair, but when the heart enters into the mind, the mind has quite a different quality: it is really, then, limitless, not only in its capacity to think, to act efficiently, but also in its sense of living in a vast space where you are part of everything. Meditation is the movement of love.

Jiddu Krishnamurti

Meditation is, or should be, a deeply spiritual experience. It leads to right relationship with God and to right human relationships in everyday life. It is essentially the means *par excellence* of establishing alignment between the various aspects of planetary life which, from the angle of consciousness and of form, appear to be separate.

The Science of Meditation booklet, p.8

The science of meditation involves the fact that a human being is essentially a spiritual entity occupying a personality form.

Ibid, p.6

The technique of meditation governs all expansions of consciousness, all registration of Plan or Purpose and, in fact, the entire process of evolutionary unfoldment. It is a technique of spiritual apprehension, of focussing attention

on some level of consciousness or other, and also of originating modes of contact.

Alice Bailey

Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity.

Voltaire

The goal of meditation, from the angle of the mind, might therefore, be stated to be the attainment of the world of ideas; from the angle of the soul, it is the identification of the individual soul with the world originator of all ideas. Through mind control, we become aware of the ideas which lie back of our world evolution, and the manifestation (through matter) of the form that they take. Through meditation, we contact a part of the Plan; we see the blue prints of the Great Architect of the Universe, and are given opportunity to participate in their emergence into objective being through our contact with, and right interpretation of, the ideas we succeed in contacting in meditation.

Alice Bailey

If thought in itself contains creative energy, then how useful it is to direct good thought into space.

Helena Roerich

We all have within us a center of stillness surrounded by silence. This house, dedicated to work and debate in the service of peace, should have one room dedicated to silence in the outward sense and stillness in the inner sense. It has been the aim to create in this small room a place where the doors may be open to the infinite lands of thought and prayer.

*Dag Hammarskjold writing about
the UN Meditation Room in New York*

THE PLANETARY NETWORK

The planetary network of light, love and service is transforming the mental climate of the planet, reorientating humanity to spiritual attitudes and values. The groups and activities reported in the Bulletin reflect different aspects of the network.

Sundial House Group for Creative Meditation

The purpose of the *Sundial House Group* and the *International Group for Creative Meditation* is “to advance spiritual growth and a spiritual orientation in the world through education in the eternal Laws and Principles that condition everyday living”.

The *Group for Creative Meditation* was started by Dr. Roberto Assagioli in the early 1950s. Dr. Assagioli was an Italian psychiatrist and pioneer in the field of transpersonal psychology and the founder of Psychosynthesis which affirms “the reality of spiritual experience as an integral part of human experience.” It is said that Psychosynthesis acknowledges “our individual uniqueness and our connection to the whole.” The Group offers a 3-year correspondence training course in creative meditation, studying such topics as concentration, reflective and receptive meditation, visualisation, and the techniques for personal and planetary renewal.

The *Sundial House Group* hosts a number of talks and workshops on spiritual themes throughout the year such as ‘Relationship is Everything – Everything is Relationship’, ‘The 7 Rays’, ‘The Creative Art of Living –

Responding to the Touch of the Soul’, and ‘An Experiential Introduction to the 7 Rays through Astrologica Psychology’.

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New View Magazine

New View is a quarterly magazine published at Easter, Midsummer, Michaelmas and Christmas to coincide with the seasons and their related festivals.

The magazine offers a “fresh look at the world and ourselves”. *New View* is inspired by the work and world view of Rudolf Steiner, a nineteenth and twentieth century philosopher, social reformer, architect, and spiritual scientist and thinker.

New View writes on a number of themes, such as commentaries on contemporary events in the world, science, philosophy, education and other relevant strands of thought.

The magazine is by subscription only and can be obtained in printed or digital format.

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Triangles Webinar: Broadcast every Monday
www.lucistrust.org/triangles/webinar

THE UNFOLDING REVELATION OF DEITY

The unfolding revelation of Deity sparks the mind toward increasing understanding and identification with the divine Plan. Known inwardly, the Plan demonstrates outwardly through purposeful human participation. Triangles workers participate every day in this unfolding Plan as they align with the light within each other, and circulate and release the energies of the Great Invocation.

The world of inspiration and the field of service merge in Triangles, as group servers work to propel the Plan onward. At first the Plan may be a vaguely sensed idea, a grasping after a goodness that cannot be contained or properly formulated. Still the daily work goes on motivated by hope. In triumvirate relationship quiet rituals unfold around the globe, linking love, light and power with focused intention. This unwavering intent gives way to the magnetic desire that awakens aspiration, and soon tendrils of strengthened will take shape.

Speculations are tried in the fires of experiment and experience. Spiritual facts become the foundation for future life. In seeming flashes of revelation, the substance of things hoped for takes shape, and new understandings animate the divine play. A perceived flash is a glimpse of the perennial light at the center where the will of God is known. Small glimpses lead to a sustained view, and revelation is experienced as evidence that the

Plan is working out; for light and revelation are cause and effect.

Two streams of energy pour forth from Shamballa, the center where the Will of God is known, to assist the revelation of divinity. One of those streams can be harnessed as “enlightened, enthusiastic will”. Through Triangles this enlightened, enthusiastic will can be directed in service to the greater good as the Great Invocation echoes around the earth, linking triplets of intentional love and light. Days turn to months, years to decades, of careful construction. This steady outpouring of service purifies and clears the path for “the revelation of love; the illumination of the mind; the evocation of the will”.

The will is enabling humanity to take up its destined position as a spiritually invocative powerhouse of love and light on earth. Following revelation upon revelation, new spiritual impressions are seen, heard and demonstrated in ritualized living. The responsive energy, evoked by demand, is freely distributed by intelligent world workers in every corner of this beautiful globe, encouraging life to flourish more abundantly. Even more, this evocation will one day bring forth a great revelation of Deity, beyond our wildest imaginings that will be recognized with great anticipation and joy.

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, Dutch, English, Farsi, 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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