



# ***TRIANGLES***

**Bulletin 118**

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## **The Art of Forgiveness**

Recent ethnic conflicts in different parts of the world have shown, yet again, how hatred, left to fester, can exact a terrible toll. In the light of these painful reminders forgiveness can be seen as one of the most important elements in the preparation for the new millennium. Humanity's increasing outer powers must be safeguarded by a stronger inner sense both of our interdependence and our shared responsibilities for the future, and we are blind to both if we cannot forgive the wrongs of the past.

There are many world servers who show, in their response to the circumstances they face, how forgiveness practised can lift and inspire those who witness it – Nelson Mandela and HH the Dalai Lama are both striking examples of this. If we can likewise respond in the spirit of forgiveness to wrongs done to or by us, we, too, can have a healing effect in our environment.

Energy follows our thoughts. Thoughts of hatred, resentment and anger chain the one who holds them to the remembered wrongs. To forgive is to dissolve these chains. We can each play a part in providing the antidote to the poison of hatred by practising forgiveness. To forgive and to seek forgiveness are not easy things to do. Yet, as with all spiritual capacities, the art of forgiveness develops with persistent and sincere effort.

There are many ways to cultivate this precious skill. Reasoned thinking is one. Does it make sense to harbour thoughts of hatred, criticism or resentment in our hearts? Who do they harm most – surely ourselves. Vision and intuitive understanding give deeper insight into forgiveness, for its root lies in the recognition that we are one; that we have all contributed to humanity's problems in some way and we can each help in solving them. In his poem, *Reconciliation*, Walt Whitman captures this sense of oneness, even in war, in the embrace of a slain former adversary: "for my enemy is dead – a man divine as myself is dead."

In its full flow forgiveness is an experience of grace, in which hatred can dissolve in a moment, through the touch of the soul. In this sense Alice Bailey has called manifestation "the Great Forgiveness", for the greater always gives to the lesser as the divine manifests in the world of form. To forgive is to give for others, to accept our common humanity and to give all that we can for its betterment. Without the release that forgiveness brings we cannot be fully present in the here and now, and we are not open to the revelations that the future promises. Our daily participation in the Triangles network helps create the subjective atmosphere in which the art of forgiveness is seen as a key to right approach to the future.

# Thoughts on Forgiveness

To err is human, to forgive divine.

**Alexander Pope**

The recognition of the faculty of forgiveness, which is, or rather should be, the expression of the relationship between unit and unit within the larger group, or of group and group within a still larger whole. Forgiveness is essentially the process whereby each gives to each along psychical lines, and it is one of the rudimentary expressions of the quality of self-sacrifice which is, in its turn, an aspect of the will nature of Deity. Being therefore related to the monadic or will life, it is as yet completely misunderstood and misinterpreted. It [forgiveness] is in reality the sense of synthesis or of identification and of “each for all and all for each.” This sense is being developed today as never before, but it is still so embryonic that words do not help in explaining it. This faculty of forgiveness is not a form of magnanimous forgetting or overlooking, neither is it a gesture of superiority whereby the slate is wiped clean. It is the very breath of life itself – the giving of all to all and for all.

**Alice Bailey**

The first step in the outward spiritual journey, in the healing of the planetary community and creation of a new world order, may be learning to forgive and to seek forgiveness. Universal love, compassion, justice and peace are not possible without a recognition of our mutual responsibility for the brokenness of the world community and our capacity to heal that brokenness. We each have hurt and have been hurt by others; we have broken trust with one another. We can each help heal the past.

**Patricia Mische**

Man prays for forgiveness, yet fails to alter his manner of living. Man bewails his misfortune, but does not abandon a single habit which brought him into his state of sorrow. Just praying for forgiveness has no meaning if it is not accompanied by reformation of life.

**Aum (Agni Yoga Series)**

We *must* learn to draw down the blinds of memory upon the past. For the past, with all its slights and injuries, with all its disappointments and its sorrows, *is past*. It is over and done with, gone beyond recall. Only when we gather these sorrows to our breast in the bonds of memory does it still retain the power to wound. We *must* learn to forgive ourselves. Wallowing in feelings of guilt and remorse is highly damaging at the physical level.

**Ian Pearce**

Forgiveness is the answer to the child’s dream of a miracle by which what is broken is made whole again, what is soiled is again made clean.

**Dag Hammarskjöld**

Decide to Forgive  
For resentment is negative  
Resentment is poisonous  
Resentment diminishes  
and devours the self.

Be the first to forgive  
To smile and take the first step  
And you will see happiness bloom  
On the face of your human  
brother or sister.

Be always the first  
Do not wait for others to forgive  
For by forgiving  
You become the master of fate  
The fashioner of life  
The doer of miracles.

To forgive is the highest  
most beautiful form of love.

In return you will receive  
untold peace and happiness.

**Robert Muller**

# The Planetary Network

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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. Please send information on any activities that could be included in a future Bulletin.

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## The Creative Group

The Creative Group is a group of individuals, drawn from different backgrounds, who have practised prayer and meditation together for the past fifteen years. The group affirms that 'Good is to be found in all people'. To encourage this recognition a 'Code of Humanity' bookmark has been produced.

The bookmarks feature 10 choices for encouraging the Good to manifest in everyone. The choices include: 'I Choose to Communicate Truth'; 'I Choose to Heal not Hurt'; 'I Choose to Love God (or Good) and See God (or Good) in All Humanity'; 'I Choose to Seek the Soul in All Things' and 'I Choose to Become a Co-Creator of Life and Live It More Abundantly'.

The group welcomes requests to distribute the bookmarks, which can be obtained without charge.

- The Creative Group, 23010 Lake Forest Drive #190, Laguna Hills, CA 92653, USA or  
PO Box 2957, Woodinville, WA 98072, USA

## Forgiveness Week

Started six years ago, and featured in past Bulletins, 'Forgiveness Week' is an initiative of two different groups that focus on fostering goodwill.

In 1997 the date of Forgiveness Week is January 19-25. During the week all are invited, through prayer and meditation, to set aside a few moments each day in a spirit of forgiveness.

The Gajalomawa Foundation, a Unit of Service working in co-operation with Triangles and World

Goodwill, has produced details of preparation for the Week of Forgiveness and a suggested meditation outline. In a recent communication the group remarks that Forgiveness Week "continues to grow in scope and effect.... [and] is truly becoming a global enterprise."

- Gajalomawa Foundation Inc., 25 Grey St, East Melbourne, Victoria, Australia 3002
- International Forgiveness Week, Jo-Anne Hahn, 211 East 3rd Avenue, Mancos CO 81328, USA

## The Silent Minute

Just over two years ago we featured the revival of the work of the 'Silent Minute'; an initiative that was originally started by Wellesley Tudor Pole during the second World War.

At 10.00 pm each evening people are invited to link in thought and sound the following prayer for world peace: *We pray thee, O God, to bring Peace and Goodwill amongst all people.*

The work now includes a young people's prayer: *Source of my Being, help me to live in Peace and save my home, The Planet Earth.* Young people are invited to link in thought and help "to create a world as we want it, a world we dream of, a world to be proud of, an unpolluted world full of joy and laughter".

The organiser of the Silent Minute initiative informs us that "it is our intention to link with other Peace movements so that, together, we can strengthen the call to peace and goodwill right across the globe".

- Silent Minute, Dorothy H. Forster, PO Box 6046, London W2 6GB, UK

# Sharing Group Thought

Please send in your thoughts on the work of Triangles  
for possible inclusion in a future Bulletin

To build the new world. To build the new era for peace and right human relations, and the spirit of brotherhood of love and light; link in pure thought, in pure consciousness through our Triangles work.

**Jordan**

A meeting of minds of men and women of goodwill who aspire to make the world a better place. That's our understanding of the Triangles network.

**USA**

The Triangles work creates, amongst other things, a more wholesome climate of thought and relationship. So far, so good. But nowadays it has to contend with instant global communication which on the one hand is an encouragement to establish right human relations but it also brings information, which is both disquieting and unsettling in that having received the information, the individual is not in a position to do much about it – except worry. So perhaps more than ever before the Triangles work is needed to steady humanity's emotional aura and restore better values and surer principles.

**UK**

As the work of connecting people, forces and energies in triangle formation proceeds, a vision of unity and identity slowly emerges – the identity of the individual with humanity, and of humanity with the Kingdom of God. Thus we recognise the One Soul, which purposefully knits earth and heaven together, in a triangle formation of Light, Love and Purpose.

**Sweden**

I see a very beautiful house of three storeys. On the first floor, a room of Light, where knowledge is gathered, appreciated and absorbed. On the second floor, a room of Love, where relationships are realised, understood and strengthened. At the top of the house, a room of Will, where the whole house is empowered, where direction is given, and where the beauty of the whole is revealed. Such is one symbolic picture of a Triangle.

**UK**

During my meditation I felt complete involvement with other Triangles co-workers spreading light and beauty throughout the world. Goodwill and good sense are needed now more than anything else, judging from the happenings of the world. Spreading light influences the minds and hearts of others.

**USA**

Each triangle helps pour out loving, lighted energy through the power of thought. Each Triangles co-worker is extremely important, and the triangle as a spiritual symbol is essential because people of goodwill are helping to "restore the Plan on Earth". It's a tremendous contribution that is willingly given by each co-worker.

**Ukraine**

Through the Triangles work we learn to create, expand and perfect a worldwide network of light and goodwill.

**Nigeria**

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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 and Spanish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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