



TRIANGLES

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Right Speech

Before the middle of the 19th century, spoken communication was limited by how far the human voice could reach. But with the invention of radio, television and satellite, our words now travel round the world so fast that communication is effectively instantaneous and global. Today, one person's words can potentially reach the ears of billions of people in a moment.

How important it is, therefore, to look at the right use of speech. As the Buddha taught all those centuries ago, one of the steps on the noble eightfold path of spiritual attainment is right speech. It is obvious that what we say reflects the quality of our thoughts and feelings. A careful study of the words we utter in the many different and sometimes testing circumstances of our daily lives can show us not only how much our minds and emotions are still under the sway of harmful, separative tendencies in the personality, but also, and more importantly, the extent to which we have been able to bring into our lives the uplifting and healing influence of the soul.

Right speech is not an ineffective "negative kindliness". Rather it is a powerful tool that we can use to help in building the new civilisation of right human and planetary relationships. Right speech falls into three broad categories. Firstly, its positive use: speaking suitable words of probing questioning, of constructive criticism, of encouragement, of inspiration and praise at the appropriate time is right speech, for it helps people to view themselves and their efforts from a more detached point of view and, perhaps, from the perspective of a wider context and higher values. It thus supports spiritual progress and creativity.

Secondly, the refraining from harmful criticism and from using the words that wound is also right speech, for it shows that the inner self is able to take control over the personality. This silencing of the lower self automatically opens the gates that allow the redemptive voice of the soul to sound and bring its energy into all situations.

The third category of right speech is a much more specific one – the use of words in prayer and invocation. In this case the consecrated server consciously unites the soul, the mind and the physical form and uses a formula of words to invoke and direct spiritual energies. Anyone who has worked at all regularly in this way knows that the intentional use of prayer and invocation carries enormous power for good. How appropriate this observation is for all of us who daily participate in the Triangles work using the energy formula of the Great Invocation. This assuredly is one of the best uses of speech that we can know.

The Silence of a Loving Heart

In the Bulletin for March this year, the theme was discrimination, and the point was made that “a very useful exercise for all to engage in regularly is to take a step back from things, and look with loving detachment at the state of consciousness of humanity and at world events”. From this the question then arises: What is it exactly that such detachment enables us to attain? Is it a drawing apart from the world? Or is it, rather, that, in stepping back from all that causes separation, we enter consciously into that which unites – we enter, indeed, into the loving heart.

We learn that “the heart is the centre of loving, giving energy, and the distributor of life”. The heart has no other function and, as love is total, being unconditioned as well as unconditional, it is there, in the heart, that all is ONE. It is there that the heart of the individual, the group, the nation and humanity itself realises its fundamental unity. As Christ said, “Where two or three are gathered together in my name, there am I in the midst of them”. But unless we gather in His name – in the name, that is, of Love – the uproar of a world at odds with itself will continue to block the expression of its loving heart.

Here is our responsibility, for Triangles workers are active and conscious participants in the work of the invocation and distribution of energies which are capable of restoring the Plan on Earth. However, for this to happen, humanity itself must turn from the present “chaos, turmoil and confusion”, which is the result of its ignoring the presence of its loving heart, and bend itself to bringing about “the required measure of peace on Earth” – a peace based upon those “right human relations” which, in silence, underlie the surface cacophony of separateness and fear. It is from the din of wrong relationship that we seek to detach

ourselves and, by our effort, focussed in the heart and therefore at one with all humanity, we open humanity’s eyes to a new world which is attainable because it is already there, in the silence of the loving heart.

There is, however, another way in which the concept of “silence” is important, not only in Triangles work but for all who seek to serve the Plan for humanity. A generous heart is not always a wise one. “Fools rush in where angels fear to tread” is a well-known aphorism. But how often, in our generosity, do we interpret our responsibility as a duty to live other people’s – indeed other nations’ – lives for them? Yet, if it is accepted that we are mutually at one with each other in the central identity of the heart, no extra effort is needed, for our own silence is theirs, and theirs is ours. And this is much more than merely abstaining from speech; it is refraining from critical thought. We all know how powerful an energy thought can be; in fact our service in Triangles is based upon it, but there is nothing critical in the words of the Great Invocation. On the contrary, it is the expression of the lovingness of the planetary heart, which radiates Light and Love and Power unconditionally, like the rays of the sun.

Nevertheless, it is not easy to maintain the silence of non-criticism, and so it is significant that there is increasing recognition, throughout the world, of the need to forgive. It is not that we should decide to “forget” the wrongs which we suppose others to have committed, but rather that, in the knowledge that we all are one, we choose to focus upon the great truth of unity. To see only this in others is to find the best in them and in ourselves, and it is this that the silence of a loving heart ensures. If we, as Triangles workers, discover this, each for ourselves, our work will be immeasurably enhanced.

Wild and fearful talk, hateful gossip, cruel innuendo, suspicion, the ascribing of wrong and wicked motives to persons and peoples, and the divergences of attitude which have separated the many different nations in the world are rampant today and have brought the world to its present distressing situation.... You will have to guard yourselves with care, so that even in defense of that which you may personally or nationally approve you do not find yourselves full of hate and breaking the law of love – the only law which can truly save the world. Perhaps the key to your success along this line will be *the silence of a loving heart*.

Alice Bailey

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

Intuition Network

The purpose of the Intuition Network is “to help create a world in which people feel encouraged to rely on their inner resources”. In the last two years its work has expanded and there are now over forty thousand members and active local groups in over 200 cities in the United States. In 1993 the Network affiliated with the Institute of Noetic Sciences.

With funding from a research foundation the Intuition Network has been able to provide a public television series, transmitted to Public Broadcasting Stations throughout North America, on the theme *Thinking Allowed*. The series, presented by Network director, Jeffrey Mishlove, interviews leading individuals in psychology, philosophy, health, science and spirituality. There are also plans to broadcast the programmes on public radio stations.

The Network’s magazine *Intuition* features articles on the development and application of intuition and creativity. It includes stories on leading men and women from many professions who use these techniques.

In the spring of this year a seminar was held in San Francisco on the theme “Integrity and Intuition in Action”. It focussed on a practical method for developing and applying integrity and intuition in every area of one’s life: professional, personal, physical and spiritual. The Network describes integrity as a “sense of connectedness, coherence, wholeness and vitality” and sees the expression of the intuition as a result of the development of integrity.

In November of last year the Intuition Network organised a conference with the Center for Public Economics in San Diego, USA to focus on ‘Intuition at Work’. The Conference was described as “the first ever to bring together those professionals working in the business community to foster the cultivation and application of intuition”.

Other planned projects include research using intuition to search for answers to unsolved medical problems; a book for young people explaining the importance of intuition and further conferences and seminars. In September 1993, the Intuition Network set up a computer conference system focussing on the intuition with plans to expand into the Internet.

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Tel: 415 331 5650; Fax: 415 331 5673

Meditation-Prayer

“Supporters of Meditation-Prayer” is a group located in Prague, Czech Republic, whose focus is to spread the message of “Love, Happiness, Peace and Tolerance” to all peoples of the world.

People of goodwill are invited to link in thought on the first Sunday of each month from 0000 to 0300 GMT to radiate light and love for the well-being of all life upon our planet.

- Michael Blažej, U Starého Žid. Hřbitova 10
150 00 Prague 5, Czech Republic

Speech, voice, sound, and subtle breath or *prana* are all connected. It is not only Tibetans who consider sound as a bridge the idea is very widespread. For example, sound is often considered as an intermediary for the translation of spirit into matter and then for matter into spirit through the agency of human beings. If spirit can become matter through sound, then matter can become spirit, again through sound. Sound is used in almost all places and times as the means for travelling the path of transcendence – for transforming matter back again into spirit.

Jill Purce, *International lecturer on Inner Sound & Voice*

Thoughts on Sound

The more faithfully you listen to the voice within you, the better you will hear what is sounding outside.

Dag Hammarskjöld

Through the use of sound the scientist of the future will bring about his results; through sound, a new field of discovery will open up; the sound which every form in all kingdoms of nature gives forth will be studied and known and changes will be brought about and new forms developed through its medium.

Alice Bailey

Words are the breath of the soul.

Pythagoras

In this Universe, there is no form of knowledge which is not perceived through sound: knowledge is pierced through by sound: all this Universe is but the result of sound.

Vākya Pādīya

Performances of a great musical work are for us what the rites and festivals of religion were to the ancients – an initiation into the mysteries of the human soul.

Frederick Delius

Music is the sound of universal laws promulgated.

Henry David Thoreau

The musician – that is, he who develops music to clear, distinct consciousness – is everywhere surrounded by melody and harmony. It is not an empty simile and not an allegory when musicians say that colours, scents, and beams appear to them as tones, and that musicians are aware of their intermingling as in a wonderful concert.

E.T.A. Hoffman

It takes two years to learn how to speak and fifty to learn how to be silent.

Ernest Hemingway

Though I speak with the tongues of men and of angels, and have not charity, I am become *as* sounding brass, or a tinkling cymbal.

Corinthians, 13, 1

The greatest creativeness can be made manifest when sound can radiate and color can ring out. Then can the spheres resound in a higher harmony.

Helena Roerich

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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