

Creativity and The Inner Life

Triangles work is a creative activity. It starts from the self-induced, self-initiated effort to organise our imagination and our thought processes. Like the spider which spins a web from material within itself, so we create with the inner forces of our nature. Having accepted ourselves – the good and the bad, the weaknesses and the strengths – we strive to become stations of light and goodwill. By creating ourselves anew in this way we automatically share in the re-creation of our civilisation.

The artist uses imagination and visualisation to create a picture. It is an arrangement of light and colour which can be seen and touched. Nevertheless, according to the nature of the artist – how he or she thinks and feels – the picture will convey a different quality and will have differing influences on the viewer. 'The Scream', by Edvard Munch, will not affect the viewer in the same way as does Van Gogh's 'Sunflowers'.

The Triangles worker is not creating a form that can be seen and touched. The visualisation is of energy patterns – dynamic patterns of triangles of light, qualified by goodwill. This lighted, qualified movement circulates within the etheric body of the planet.

Is it difficult to imagine creating, not in hard, concrete particles, but in streams of qualified energy? Does it help to recognise that physicists are suggesting that the basic reality is energy in motion? For instance, they find that subatomic particles are not made of material stuff but are patterns of energy in motion.

Physics can also help us to understand how it is possible to infuse patterns of energy with the qualities of light and goodwill. For generations, Triangles workers have pioneered the realisation of the interrelation and interconnectedness of all things. This, too, is now shown to be a reality in the realm of subatomic particles where the observer can no longer be separated off from the observed. The thought of the viewer is found to alter – recreate – that which is observed.

So it is that, through the simple commitment to work in a triangular relationship with two others, using the reflective imaginative thought processes of our innermost being, a creative service of planetary significance is embarked on. This group service has the power to help in the transformation of present separative and materialistic attitudes into the lighted relationships of a new civilisation.

Art and Spirituality

We cannot talk about art without also talking about beauty. For the search for beauty and its expression in form is one of the main reasons for the existence of art. At a materialistic and superficial level, art is often used to divert and entertain, but throughout history we find that art has also been consciously employed as a spiritual tool to awaken us to the beauty of the soul at the heart of the cosmos, and at the heart of every human being too.

It is perhaps true that the greatest artistic achievements of the past have flowered as an expression of the religious impulse. But spirituality embraces a far wider panorama of human thought, aspiration and activity than the purely religious. Beauty can be perceived in all things, and artists of every kind have always known this. Whether we look at music, painting, drama, poetry or dance, examples abound of composers, artists, actors, writers, and choreographers whose work is inspired by the soul. They have taken the mythical events that eternally express the great archetypes of the human psyche, embodying them in a form that has given these a meaning and power for their own time. Through their own sensitivities they have enabled us all to become more sensitive to the wonders of our environment. They have also grappled with the mystery of the unfolding Plan and through their work have been able to focus our thoughts on a constructive use of the new energies that are constantly making an impact on human hearts and minds.

A wonderful example of this is the collaboration of the artist Nicholas Roerich, the composer Igor Stravinsky and the dancer and choreographer Nijinsky in creating the famous ballet "The Rite of Spring". This caused a riot when it was first produced in Paris in 1913. Yet now, over eighty years later, we can see it as an archetypal embodiment of the incoming energy of order, ritual and regeneration, with the potential to bring new life, new understanding and new civilisation to a humanity about to be ravaged by the first world war.

Great art, spiritually impelled, is never anodyne. It always breaks new ground in ideas, frequently in style and especially in the evocation and perception of beauty. As such it often has an initially disruptive effect as it breaks down conventional attitudes and accepted standards of taste. But if it is truly great, and therefore spiritual, it will also be able to reveal hitherto unrecognised aspects of beauty and truth embodied in the universal mind.

The best of television drama does just this. For instance the recent death of British television playwright, Dennis Potter, has led commentators to speak of his stature as an artist. His work had always been controversial, at times portraying the more sordid side of life. Yet, as critics made clear, he was using his art with intensity and integrity as a mirror so that we could see ourselves as we truly are, souls embedded in a material world with personalities which can sometimes measure up to the noblest ideals and transmit with purity the qualities of the soul, but which can at other times block these out.

The artistic life of humanity is immensely rich and varied. To get an idea of its range, think for a moment of the long tradition of imaginative storytelling, Italian renaissance painting, indigenous peoples' art, Greek tragedy, Indian temple dancing, Beethoven – that great musical apostle of humanity's search for and realisation of freedom, and the many contemporary experiments in new forms of expressing beauty.

Nevertheless, we can see that from a spiritual point of view the purpose of art is surely something very simple. This something is the recognition that beauty can powerfully reveal the deep truths of existence; in fact more than this – in a mysterious way beauty *is* this deep truth. As the writer Khalil Gibran once put it: "Beauty is life when life unveils her holy face. But you are life and you are the veil. Beauty is eternity gazing at itself in the mirror. But you are eternity and you are the mirror."

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.

The World Peace Prayer Society

Founded in Japan in 1955, the World Peace Prayer Society has international headquarters in New York City, USA. The Society is "dedicated to increasing the awareness of peace through its message and prayer, May Peace Prevail On Earth".

The Society has five separate yet interrelated activities, one of which is to increase world-wide visibility of the message and prayer. The remaining activities are:

The World Peace Prayer Ceremony is "a global celebration of the oneness of humanity". Participants pray together for peace in every nation of the world.

The Peace Pole Project. Peace Poles are "handcrafted obelisks" which "serve as constant reminders for us to visualise and to pray for world peace". Peace Poles have been sited in tens of thousands of locations around the world.

Peace Pals. 'Children of all ages' learn about children from other countries and share ideas and projects for the creation of peace.

The Peace Music Initiative encourages songwriters and composers to write music incorporating the message: May Peace Prevail On Earth.

Membership of the Society is free and open to all who "desire to live in the spirit of the words, May Peace Prevail on Earth".

! The World Peace Prayer Society, 800 Third Ave, 37th Floor, New York, NY 10022, USA. Tel: 212 755 4755; Fax: 212 935 1389

International Association of Spiritual Psychiatry

The International Association of Spiritual Psychiatry held its first meeting on March 18-19, 1994 in Lyon, France. Working with the theme, "Spiritual Approach in Psychiatry: Meditation and Psychotherapy", the various lecturers tried to build bridges between the two fields of psychology and spirituality. Other seminars will take place this year in France, Finland and Russia.

The purpose of the Association is "to establish the bases of an open and dynamic psycho-spiritual medicine". It is hoped to "integrate the teachings and ways of realisation peculiar to the great spiritual traditions in clinical understanding and in the therapeutic field". Membership is "open to all therapists and people concerned with the creation of a new psychospiritual medicine".

The International Association of Spiritual Psychiatry operates through two non-profit organisations. *Spiramed* in Suresnes, France, aims to establish "bridges between science, medicine, psychology and spirituality". *The Rambana Institute for Self-Realisation* in Atlit, Israel "diffuses teachings of self-knowledge, metaphysics, yoga and meditation". On November 23-24 it is organising a congress in Jerusalem on "Meditation & Spiritual Tradition: towards the essence of religion".

! Jean-Marc Mantel, M.D., PO Box 131, 30300 Atlit, Israël. Tel: 972 4 842 812; Fax: 972 4 842 663

! Spiramed-IASP, 31 rue des Meuniers, 92150 Suresnes, France. Tel: 33 1 45 06 12 27; Fax: 33 1 46 97 00 67

Creativity is precisely the ground where humanity and divinity share common space, the very core of human and divine union.

Thoughts on Creativity

I think it's a really exciting time for the world. For many people the world is falling apart; the things they have believed in are no longer appropriate. For an artist, a cathedral that is falling down has all those bricks with which to build! The thing that is so exciting about living now is that there are ways to rebuild our world. We have a chance to watch the seeds, the first sprouts out of the ground, and it's tremendously exciting.

James Hubbell

Art proceeds from a spontaneous instinct like love does; and it must be cultivated like friendship.

Raissa Maritain

True creative art is a soul function; the primary task, therefore, of the artist is alignment, meditation and the focussing of his attention upon the world of meaning. This is followed by the attempt to express divine ideas in adequate forms.... It is paralleled by the effort, constantly made upon the physical plane, to equip, instruct, and train the mechanism of brain and hand and voice through which the inspiration must flow, so that there may be right expression and a correct externalisation of the inner reality.

Alice Bailey

Alchemists of old sought to change lead into gold, symbolically transmuting the fragmented self and making it whole. The artist, like the alchemist, knows that the primary level of communication is with his or her own Being, and that art is only an extension of "beingness" into form. Also, by the

laws of resonance, personal wholeness invokes wholeness in the world. Thus the first and greatest task is to "art" oneself, becoming a clearer channel through which to heal and uplift others.

Milenko Matanovic

The new work of art does not consist of making a living or producing an objet d'art or in self-therapy, but in finding a new soul. The new era is the era of spiritual creativity ... and soul-making.

Henry Miller

... a first rate soup is more creative than a second-rate painting.

Abraham Maslow

Creativity is a profound mystery precisely because it involves the appearance of patterns that have never existed before. Our usual way of explaining things is in terms of pre-existing causes: the cause somehow contains the effect; the effect follows from the cause. If we apply this way of thinking to the creation of a new form of life, a new work of art, or a new scientific theory, we are led to the conclusion that in some sense the new pattern of organisation was already present: it was a latent possibility. Given the appropriate circumstances, this latent pattern becomes actual. Creativity thus consists in the manifestation or discovery of this pre-existing possibility. In other words, the new pattern has not been created at all; it has only been manifested in the physical world, whereas previously it was unmanifest.

Rupert Sheldrake

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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