

Joy — A Special Wisdom

Joy is one of the soul's fundamental qualities. Let it once touch the heart and mind, and we can never be the same again. All right human activity can spark off a real experience of joy. We can be the athlete straining every muscle in a race; we can be the musician, artist or writer reaching up to that true inner beauty; we can be the mother giving birth to her child; we can be the political leader battling to ground a new and needed ideal, or the scientist penetrating deeper into one of the universe's mysteries. Joy can also come to us out of the blue, as it were, when we are faced with difficulty and crisis in our personal lives. All these are situations when somehow we break through the barriers to spiritual awareness. In fact, whatever our outer circumstances, we can always allow the energy of the soul to permeate our being with a deep joy.

Knowing it to be the expression of a deeper reality, joy confers on us a special wisdom. We can understand the truth of Julian of Norwich's insight, born of joy, that "all things will be well; all manner of things will be well". This is a profound and timeless realisation. Yet this sense that, deep down, all is well cannot excuse distorted human actions and relationships. It does not justify suffering, and it should certainly not be used as an alibi for inaction. Rather, it points to the fact that, whatever the human condition, the energies of transformation, the soul's innate joy and its spiritual vision and ideas are eternally present. These gifts are always available to the individual, to the group and to humanity as a whole whenever we choose to live and act according to what we know is true and just.

Joy is a special wisdom. When we touch the soul ourselves, we actually become a strand in the bridge that links humanity to the higher kingdoms. When we experience joy ourselves, we can bring this quality into the wider field of humanity's awareness.

The worldwide network of triangles is of course an important vehicle for achieving this, and many have commented on the special joy they experience as they participate in the work. So, as we do our daily triangles meditation, thinking in the heart and loving with the mind, we can know that our directed thought, winging through the channels of light that we are creating, is bringing the time of right human choice ever nearer.

Joy Lets In The Light

Thoughts on Joy

Be joyful, for joy lets in the light, and where there is joy there is little room for glamour and misunderstanding.

Alice Bailey

In spite of difficulties, treasure the higher joy of achievement. This joy of achievement must be cultivated in oneself as well as in others. This is most essential, since only in it lies the pledge of the salvation of humanity, the pledge for the approach of the New World!... The joy of the future is ordained, but, indeed, the period of waiting at the threshold is always wearisome.

Helena Roerich

The salient characteristic of sympathetic joy is gladness, its essential property the opposite of envy, its manifestation the abolition of disaffection, its proximate cause the sight of the success of others. To one who is in ecstasy of joy, contemplating the consciousness of beings who for some joyous reason are rejoicing, his (the Buddhist's) heart becomes stored with and possessed by that consciousness. (Thus) sympathetic joy refers either to a state of joy in others, or in oneself, or just to the feeling impersonally considered.

From the Visuddhi Magga of Buddhaghosa

I think the attitude of meditation should be a kind of interested joy. The quality of joy is the best proof of the efficacy of meditation. If it gives you more joy, it is worthwhile. If it doesn't, don't force it.

Lama Anagarika Govinda

Joy is perhaps one of the greatest healers; we are apt to overlook its role in this respect, associating it only with pleasure. But joy runs deeper than the personality life, its roots lie in the realms of the Soul and link us

with the lasting things, with the harmony, beauty, love, unity, and all the other glories of the spiritual life. To cultivate joy is one of the most valuable aspects of self healing.

The suggestion that joy be deliberately cultivated may at first seem an anomaly, for the qualities we attribute to it most of all are spontaneity and depth. But just as a beautiful flower has to be grown with care and nurtured to attain its full radiance, so such qualities as joy have to be tended and encouraged in our selves to reach their flowering. They are easily shut out, given no room, offset by other activities which we crowd into our lives, so that they have little chance to grow even though their seeds be there.

Michal Eastcott

Joy is the concomitant of productive activity. It is not a 'peak experience', which culminates and ends suddenly, but rather a plateau, a feeling state that accompanies the productive expression of one's essential human faculties. Joy is not the ecstatic fire of the moment. Joy is the glow that accompanies being.

Erich Fromm

By keeping a diary of what made me happy I had discovered that happiness came when I was most widely aware. So I had finally come to the conclusion that my task was to become more and more aware, more and more understanding with an understanding that was not at all the same thing as intellectual comprehension. And, by finding that in order to be more and more aware I had to be more and more still, I had not only come to see through my own eyes instead of at second hand, but I had also finally come to discover what was the way of escape from the imprisoning island of my own self-consciousness.

Marion Milner

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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, and that "points of crisis" are factors which are of proven usefulness in calling in the power of that soul, both in the individual man, in a race, or in humanity as a whole; a joy which is related to the bliss which characterises the soul on its own level whereon the form aspects of manifestation do not dominate. Ponder on these thoughts and remember that you are grounded in the centre of your Being and can, therefore, see the world truly and with no limited vision; you can stand unperturbed, knowing the end from the beginning and realising that love will triumph.

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.

Global Energy Network International

Dr. R. Buckminster Fuller stated: "There is no energy shortage. There is no energy crisis. There is a crisis of ignorance." Global Energy Network International, GENI, is an organisation with offices in Australia and America, committed to the implementation of an energy infrastructure upon the planet which will ease the world's energy crisis.

GENI promotes the idea of creating a "global Power Line Network (grid) supplementing our current oil, coal and nuclear generated power plants with renewable, non-polluting sources of power generation, i.e. hydro, geothermal, solar, wind, etc".

This concept of a global energy grid was proposed by Dr. Buckminster Fuller in 1969 and he considered it to be "the world's highest priority objective".

GENI expresses the view that there should exist a network of power transmission lines upon the planet to meet the energy requirements of all countries. During the off-peak hours of the major industrialised countries, when power demands are minimal and generators are not working at a maximum potential, power grids in other parts of the world could be supplemented. In this way the network would "allow energy to flow from where it is abundant to where it is needed".

Diagrams of the global energy grid system envisaged by GENI feature a network of triangles - representing the power grid system - superimposed upon a Dymaxian map. This map was devised by Dr. Buckminster Fuller to show minimal land mass distortion and to "display the world not as a separate East-West world, but as a connected North-South island." It is based on the division of the globe into a network of spherical triangles.

GENI, c/o Anna Hamilton or Dale Richardson, 165 Pascoe Vale Road, Moonee Ponds 3039, Melbourne, Victoria, AUSTRALIA.
International Headquarters: GENI, P.O. Box 81565, San Diego, CA 92138, USA.

1993: A Year of Inter-religious Understanding and Co-operation

The World's Parliament of Religions met in Chicago, USA in 1893. To celebrate the centennial anniversary of this event, 1993 will be observed around the world as a year of 'Inter-Religious Understanding and Co-operation'.

To mark this occasion a series of events have been arranged throughout the world in 1993. The theme - **Sharing Visions of Interfaith Co-operation for the Next Century** - has been chosen by four major interfaith organisations (detailed below). They have formed an International Interfaith Organisations Co-ordinating Committee to prepare a series of events in India, including a 'Religious People Meeting Together' gathering in Bangalore from 19-22 August and a one-day Centennial Festival in New Delhi on August 27.

Also from 28 August to 5 September a conference will be held in Chicago by the World's Parliament of Religions and on the agenda during this period will be meetings, exhibitions and religious services.

For details of the events in India, and news of events planned for your own country, please contact the following organisations:

International Association for Religious Freedom, Dreieichstrasse 59, D-6000 Frankfurt 70, Germany.
The World Congress of Faiths, 28 Powis Gardens, London W11 1JG, UK.

The Temple of Understanding, At the Cathedral of St. John the Divine, 1047 Amsterdam Avenue at 112th Street, New York, NY 10025, USA.

World Conference on Religion and Peace, 14 Chemin Auguste-Vilbert, CH-1218 Grand Saconnex, Geneva, Switzerland.

For details of the World's Parliament of Religions, contact:

Dr. Daniel Gomez-Ibanez, Council for a Parliament of the World's Religions, P.O. Box 377760, Chicago, Illinois 60637, USA.

Three Spiritual Festivals

Verily, the Earth is to be saved by earthly hands, and the Heavenly Forces are sending the best manna; but if ungathered it is transformed into dew. How then not to rejoice when gatherers are found?

Community

The Heavenly Forces are sending the best manna

The time of the Three Spiritual Festivals, referred to as the Higher Interlude of the year in the writings of Alice Bailey, is a period of great possibility. We can ill afford to allow such times to pass us by, particularly in these days of unprecedented challenge and decision. It is up to us to seize upon this opportunity to serve the common good by offering ourselves, with humility and devotion, as a channel for the inflow of spiritual energies into the human kingdom.

How then not to rejoice when gatherers are found?

The energies we invoke in our daily Triangles work (light and goodwill) are available in greater potency during this Higher Interlude. In consciously endeavouring to approach our work with a revitalised spiritual intention, with hearts aflame and minds clear and focused, we can draw upon the reservoir of accumulated energy. Through our united effort, we can then make these abundant gifts of the spirit available to all throughout the world who are engaged in urgent, vital spiritual work-activities: artistic, economic, humanitarian, political, religious and scientific, among others.

We can further contribute by engaging in group meditation at the time of the full moons of **Aries (The Festival of Easter - 6 April), Taurus (The Wesak Festival - 5 May), and Gemini (The Festival of Goodwill — World Invocation Day - 4 June).**

Write to Triangles to receive information on the Three Spiritual Festivals, a moon chart for 1993 and an outline of a meditation followed by friends of the Lucis Trust and hundreds of units of service worldwide at all twelve spiritual festivals. We would be glad to let you know of any meditating groups listed with us in your geographical region. You might also consider gathering together spiritually oriented friends to meditate together. If neither of these possibilities presents itself, you can always meditate alone. By inwardly linking up in consciousness with the world group observing the spiritual festivals in meditation, you will become an active participant in this group initiative.

Among our co-workers in Triangles are to be found individuals from many spiritual traditions) Buddhists, Christians, Hindus, Jews, Muslims, together with others following different sacred paths. This also holds true for those who observe the spiritual festivals. Both creative activities unite people in common purpose) *service to humanity*, and in shared vision) *divine brotherhood*. We will want to place particular emphasis on this facet of the work in 1993, the year of Interreligious Understanding and Co-operation when, among other things, the centenary of the first World Parliament of Religions is being celebrated (28 August - 5 September). This year's Parliament will focus on strengthening the relationship between spiritual and empirical science, and will explore the highest and best possibilities for cooperative endeavour in the approaching global community of the twenty-first century. Details on the International Year can be found on the Network Page of this Bulletin.

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, Polish, Portuguese and Spanish editions. Triangles is an activity of the Lucis Trust, a non-profit educational corporation.

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