



will be kept simultaneously throughout the world, and by their means a great spiritual unity will be achieved and the effects of the great Approach so close to us at this time will be stabilised by the united invocation of humanity throughout the planet.

The remaining full moons will constitute lesser festivals, but will be recognised to be also of vital importance.
– Alice Bailey

INVOCATION AND EVOCATION

A universal religious spirit is sweeping through humanity. Full moon meditation reflects this spirit in its use of the science of invocation and evocation. Emanations and revelations of the Divine are invoked and there is an expectation that reflections of these qualities will become increasingly present in the consciousness and life of humanity.

The effect of human meditation at this time is to change conditions, to invoke the higher, spiritual potencies, to work with concentration—both vertically and horizontally—within the world of humanity and within the Kingdom of God. This vertical and horizontal activity holds the secret of creative meditation. It is invocative of the higher energies, and creates a channel of contact between soul and spirit. This is brought about by what I have called “vertical meditation”. It is also evocative and creates a ferment or dynamic movement in that level of being which must be affected or changed, and this is the horizontal aspect. – Alice Bailey

HOW CAN I SHARE IN THIS WORK?

All people of goodwill can take part in the rhythm of meditation as a service to humanity during the period of each full moon. In some areas there are small local groups meeting for this work, and such groups are usually very open to welcoming new members. Yet the work can also be done individually and a copy of the *Letting in the Light* meditation outline is available online. For information on local groups, advice and support for establishing new groups, and a full list of resources visit www.lucistrust.org/fullmoon

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Letting in the light

WORLD SERVICE
MEDITATION
AT THE FULL MOON

MEDITATION FOR WORLD SERVICE

Meditation can be a potent way of serving humanity and the planet.

Reservoirs of lighted, loving energy are to be found on the inner side of life. They are the substance of what is often referred to as the Kingdom of God. They are also the realm of saints and rishis honored in all religions. Mystics and seekers of every faith have always known this. It is these energies and these Beings that shape the evolving sense of purpose and direction in human affairs, and that are awakening us as a species to a new understanding of oneness.

By visualizing these divine energies pouring into the wide field of human consciousness, nourishing all that is good, beautiful and true, meditators help to *let in the Light*.

MEDITATION AT THE FULL MOON

Energies of light and love and spiritual purpose are always available to those who can contact them in meditation. Yet, as in every aspect of the planetary life, there are cycles in the flow of these energies. Meditators working individually or in groups can cooperate with these cycles, making their approach to the higher worlds at the most auspicious times.

One of the major cycles coincides with the phases of the moon, reaching its peak, its high tide, at the time of the full moon. This is a time when the reception and radiation of divine energies through group meditation can be especially effective.

In recognition of this cycle, religious and spiritual ceremonies in major world faiths have, for centuries, been held during the period of the full moon. While this is truer of the great Eastern religions, it also has its echo in Christianity where the Easter Festival is determined by the date of the first full moon after the northern vernal equinox.

The soul's meditation is rhythmic and cyclic in its nature as is all else in the cosmos. The soul breathes and its form lives thereby. The rhythmic nature of the soul's meditation must not be overlooked in the life of the aspirant. There is an ebb and flow in all nature, and in the tides of the ocean we have a wonderful picturing of an eternal law. ... the idea of a cyclic response to soul impulse lies back of the activities of a morning meditation, a noonday recollection, and an evening review. A larger ebb and flow is also indicated in the two aspects of the full moon and the new moon. – Alice Bailey

SUN AND MOON

The Sun is universally recognized as the source of light and energy for our planet. During the full moon every month, when there is an unimpeded alignment with the Sun, the earth receives its maximum exposure to sunlight – moonlight is simply reflected sunlight. This is a symbol for the heightened flow of spiritual energy streaming into the range of human awareness from the Spiritual Sun, during the days immediately surrounding the full moon.

GROUP MEDITATION

There is a growing awareness of the importance of group consciousness, group meditation and group intuition. More and more groups are gathering all over the planet for shared inner work. For over nine decades groups inspired by Alice Bailey's vision have been meeting to work in meditation with the rhythm of the full moon cycle, seeking to identify with the One group of all who, at this special time, are meditating as an act of service to humanity and to God's purpose for humanity. The goal for this group work has always been to mobilize goodwill and strengthen all that is being done by human beings to build a world of unity, justice and peace. Individuals also take part in these full moon meditations in the privacy of their own homes, imagining they are part of the worldwide group in consciousness.

TWELVE FESTIVALS

The twelve full moons in a year form twelve Spiritual Festivals. Each is uniquely conditioned by the combination of astrological energies flowing through the cosmos. While astrology is not the basis of full moon meditation work, it is helpful to be aware of the spiritual qualities, opportunities and challenges brought to human consciousness by the subtle influences of stars and planets during each Festival.

THREE SPIRITUAL FESTIVALS

The annual cycle begins with a high point of spiritual energy in the Three Festivals of Easter (Aries), Wesak (Taurus), and Goodwill (Gemini). Easter and Wesak are already widely observed festivals in the Christian and Buddhist communities around the world. The Festival of Goodwill or Christ's Festival is also observed as the Festival of Humanity and as World Invocation Day, a day when the universal prayer, The Great Invocation, is widely used.

These three festivals are already being kept throughout the world, though they are not as yet related to each other, and as part of the unified spiritual Approach of humanity. The time is coming when all three festivals

